SHAMBHALA - FREE GIFTS OF LIGHT

I AM BALANCE

A golden poster of calm balance and golden measure for your wall, your desk or your home

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CENTER

I AM Balance at my center: I stand calm in the golden middle.

MEASURE

I AM Balance in my words: I speak with measure and kindness.

HOME

I AM Balance at home: I keep a gentle rhythm in every room.

REST

I AM Balance at rest: I give and receive in equal light.

I AM BALANCE - CALM CENTER, GENTLE MEASURE, SHINING IN THE LIGHT