SHAMBHALA - FREE GIFTS OF LIGHT

I AM BLESSING

A golden poster of the blessed heart for your wall, your desk or your door

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MORNING

I AM blessing at dawn: today I give thanks for every gift.

PATH

I AM blessing on my path: I bless every step and every meeting.

WORDS

I AM blessing in my words: I speak words that lift and brighten the day.

EVENING

I AM blessing at rest: I close the day in gratitude and peace.

I AM BLESSING - EVERY DAY I BLESS AND I AM BLESSED