SHAMBHALA - FREE GIFTS OF LIGHT

I AM CLARITY

A golden poster of the clear mind for your wall, your desk or your door

---

MORNING

I AM clarity at dawn: I see my day whole and I walk in peace.

MIND

I AM a clear mind: one thought of Light at a time.

HEART

I AM clarity of heart: I know what I love and I honor it.

EVENING

I AM clarity at rest: I lay the day down clear and grateful.

I AM CLARITY - I SEE IN THE LIGHT