SHAMBHALA - FREE GIFTS OF LIGHT

I AM COMPASSION

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

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MORNING

I AM compassion at dawn: my heart opens to everyone I meet.

PATH

I AM compassion on my path: I walk gently beside every heart.

WORDS

I AM compassion in my words: what I speak heals and lifts.

EVENING

I AM compassion at rest: I close this day holding all in love.

I AM COMPASSION - MY HEART IS OPEN AS LIGHT