SHAMBHALA - FREE GIFTS OF LIGHT

I AM Courage

Decrees of gentle bravery - print it, post it where you will see it,
and speak each decree aloud with a steady heart.

ONE BRAVE STEP

I AM Courage: I take one brave step today, and the Light walks with me.

FAITH ABOVE FEAR

I AM faith above fear: my heart is steady and my path is bright.

I BEGIN AGAIN

I AM Courage to begin again, wiser and kinder than before.

MY VOICE MATTERS

I AM Courage in my words: I speak truth with love.

HELD BY THE LIGHT

I AM held by the Light, and nothing I face is faced alone.

I AM Courage - free, and shining in the Light.