SHAMBHALA - FREE GIFTS OF LIGHT

I AM DELIGHT

A golden poster of simple delight and thankful joy for your wall, your desk or your home

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DAWN

I AM Delight at dawn: I greet this day with a thankful smile.

HEART

I AM Delight in my heart: I notice small gifts in every hour.

WORDS

I AM Delight in my words: I share good news and gentle laughter.

EVENING

I AM Delight at rest: I thank this day and rest in the Light.

I AM DELIGHT - THANKFUL SMILE, GENTLE LAUGHTER, SHINING IN THE LIGHT