SHAMBHALA

Free Gifts of Light

I AM AFFIRMATIONS FOR THE EVENING

Eight evenings with the Light: a decree, a reflection and a gentle closing for every night

The companion of I AM Affirmations for the Morning.
Read one evening at a time, breathe slowly, and rest
in meditation and prayer. A gift of Shambhala, free for you.

EVENING ONE - I LET THE DAY GO

I AM at peace with this day: I keep its light and release the rest.

Every day carries both gold and dust. Tonight, thank the gold, bless the dust, and let both rest. What is yours in Light stays with you; everything else dissolves in peace.

Practice: name aloud three lights of today, then say: I release this day into the Light.

EVENING TWO - I AM GRATEFUL

I AM Gratitude, and my heart is full as the day closes.

Gratitude is the golden key of the evening. A grateful heart sleeps in peace, because it counts blessings instead of worries.

Practice: write one line of thanks for someone who helped you today, near or far.

EVENING THREE - I FORGIVE AND REST

I AM Forgiveness: I forgive, I am forgiven, and I rest free.

Carrying an old weight into the night steals the dawn. The Violet Flame of mercy can hold every memory gently until it turns to light.

Practice: breathe slowly and repeat: I forgive all, I forgive myself, I am free.

EVENING FOUR - I AM PEACE AT HOME

I AM Peace in my home: every room is filled with quiet Light.

A home blessed with peace restores everyone in it. Speak peace over your doorway, your table and your bed tonight.

Practice: walk slowly through your home and bless each room with one kind word.

EVENING FIVE - I AM LOVED

I AM loved by the Light, exactly as I am, tonight and always.

You do not have to earn the love of the Light. Rest in it the way a garden rests in the rain: simply receiving.

Practice: place a hand on your heart and say: I AM loved, I AM held, I AM home.

EVENING SIX - I TRUST TOMORROW

I AM trust: tomorrow is already blessed in the Light.

Worry rehearses a future that may never come. Trust rehearses the dawn instead - and the dawn always arrives.

Practice: name one good thing you trust tomorrow will bring, and smile as you say it.

EVENING SEVEN - I AM STILLNESS

I AM stillness: my mind is a quiet lake under the stars.

Stillness is not empty; it is full of listening. In the quiet of the evening, the heart hears what the noise of the day could not say.

Practice: sit in silence for two minutes, breathing slowly, and simply listen.

EVENING EIGHT - I AM THE LIGHT RESTING

I AM the Light, resting: my sleep is guarded by gold.

The Light does not sleep, so you can. Close this little book, close your eyes, and let the Golden City keep watch over your dreams.

Practice: end with one slow breath and the words: I AM the Light, resting in peace.

REST IN THE LIGHT

Thank you for walking these eight evenings with the Light.
Share this little book freely - it is a gift, and gifts of
Light grow when they are given away.

Shambhala - Kingdom of Love and Light