SHAMBHALA - FREE GIFTS OF LIGHT

I AM GENTLENESS

A golden poster of quiet strength and tender light for your wall, your desk or your home

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DAWN

I AM Gentleness at dawn: I begin this day soft, calm and kind.

HANDS

I AM Gentleness in my hands: everything I touch, I bless.

WORDS

I AM Gentleness in my words: I speak slowly, warmly and true.

EVENING

I AM Gentleness at rest: I forgive this day and rest in the Light.

I AM GENTLENESS - SOFT, CALM, SHINING IN THE LIGHT