SHAMBHALA - FREE GIFTS OF LIGHT

I AM GROUNDED

A golden poster of grounded Light for your wall, your desk or your home

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MORNING

I AM Grounded at dawn: I begin the day rooted in Love.

WORK

I AM Grounded in my work: I move with calm and steady steps.

HOME

I AM Grounded at home: my home stands in peace and Light.

EVENING

I AM Grounded at evening: I rest in calm and gratitude.

I AM GROUNDED - ROOTED IN LOVE AND LIGHT