SHAMBHALA - FREE GIFTS OF LIGHT

I AM HARMONY

A golden poster of balance and gentle order for your wall, your desk or your door

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MORNING

I AM harmony at dawn: I begin this day in balance and in peace.

WORDS

I AM harmony in my words: I speak gently and I listen fully.

HOME

I AM harmony at home: every corner rests in the Light.

EVENING

I AM harmony at rest: I thank the day and sleep in balance.

I AM HARMONY - ALL IS WELL IN THE LIGHT