SHAMBHALA - FREE GIFTS OF LIGHT

I AM HUMILITY

A golden poster of the humble heart for your wall, your desk or your door

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MORNING

I AM humility at dawn: I begin the day ready to learn.

PATH

I AM humility on my path: every heart I meet can teach me.

WORDS

I AM humility in my words: I speak gently and listen deeply.

EVENING

I AM humility at rest: I give thanks for every lesson of the day.

I AM HUMILITY - THE LIGHT SHINES IN A GENTLE HEART