SHAMBHALA - FREE GIFTS OF LIGHT

I AM JOY

A golden poster of joy for your wall, your altar or your door

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MORNING

I AM joy at dawn: my smile is the first light of the day.

WORK

I AM joy in my hands: every task done in love shines.

FAMILY

I AM joy at home: laughter is our daily prayer.

EVENING

I AM joy at rest: I close the day thankful and bright.

I AM JOY - TODAY AND ALWAYS