SHAMBHALA - FREE GIFTS OF LIGHT

I AM KINDNESS

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

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MORNING

I AM kindness at dawn: a gentle word opens my day.

PATH

I AM kindness on my path: I leave every place warmer.

WORDS

I AM kindness in my words: what I speak lifts and blesses.

EVENING

I AM kindness at rest: I close this day grateful for every heart.

I AM KINDNESS - MY HEART IS GENTLE AS LIGHT