SHAMBHALA - FREE GIFTS OF LIGHT

I AM LISTENING

A golden poster of quiet attention and kind presence for your wall, your desk or your home

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DAWN

I AM Listening at dawn: I begin this day quiet, open and kind.

HEART

I AM Listening in my heart: I hear the Light within.

WORDS

I AM Listening in my words: I pause, I hear, I answer with love.

EVENING

I AM Listening at rest: I thank this day and rest in the Light.

I AM LISTENING - QUIET, OPEN, SHINING IN THE LIGHT