SHAMBHALA - FREE GIFTS OF LIGHT

# I AM Love

*Decrees of the loving heart - print it, post it where you will see it, and speak each decree aloud with gratitude.*

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### THE OPEN HEART

*I AM the open heart of the Light: Love flows to me and through me.*

### LOVE IN MY WORDS

*I AM Love in every word I speak; my voice carries peace.*

### LOVE IN MY HANDS

*I AM Love in my hands: what I touch with love is blessed.*

### LOVE FOR ALL LIFE

*I AM Love for all life; I see the Light in everyone I meet.*

### BELOVED

*I AM beloved of the Light, and I share that Love with the world.*

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**I AM Love - the heart of Shambhala, open to all.**