SHAMBHALA - FREE GIFTS OF LIGHT

I AM Affirmations

for the Morning - eight dawns with the Light

This little book is a free gift of Shambhala, the Golden City of Light - the morning companion of our 7 Days of Light. It asks nothing of you: no sign-up, no payment, no promises. Take one morning at a time: read the decree aloud as the day begins, sit with the reflection, and try the small practice. If a morning blesses you, pass the book on - a gift of light travels by itself.

Begin tomorrow at sunrise, or begin with the next breath. The Light is already up.

I AM AFFIRMATIONS FOR THE MORNING

Morning One - The First Light

I AM the Golden Morning; every dawn begins in me.

Before the world asks anything of you, the light has already given you everything: a new day, a new breath, a new beginning. Speak this decree facing the brightest window of your home, and let the day start inside you before it starts around you.

Practice: open a window, breathe the morning air three times, and smile at the light.

Speak the decree three times as the day begins, and let the morning answer.

Morning Two - Gratitude First

I AM Gratitude, and my heart is full.

Gratitude spoken early becomes the lens of the whole day. Name your blessings before you name your tasks, and watch how the tasks grow lighter: a grateful heart carries the same day at half the weight.

Practice: name five blessings out loud before touching your phone.

Speak the decree three times as the day begins, and let the morning answer.

Morning Three - The Quiet Center

I AM the Peace that stills every storm.

The day will bring its weather; you bring the climate. Two quiet minutes in the morning build the still center that the whole day will lean on. Peace is not found at the end of the day - it is packed in the morning, like provisions for a journey.

Practice: sit in silence for two minutes, breathing slowly, before the day begins.

Speak the decree three times as the day begins, and let the morning answer.

Morning Four - Love in Action

I AM Love in action, everywhere I go.

Decide in the morning whom your love will reach today: a call, a message, a kindness prepared in advance. Love that is planned in the morning rarely gets postponed by the afternoon.

Practice: choose one person and one kind act, and write them on a note you will see.

Speak the decree three times as the day begins, and let the morning answer.

Morning Five - The Violet Flame

I AM the Violet Flame, transmuting all into Light.

Whatever yesterday left unfinished or heavy, the Violet Flame can transmute today. See the old weight dissolving in violet fire as you dress and prepare, and walk out of your door lighter than you woke.

Practice: name one thing from yesterday, breathe, and say: Violet Flame, transmute it into Light.

Speak the decree three times as the day begins, and let the morning answer.

Morning Six - Joy Rising

I AM Joy, rising like the morning sun.

Joy is a morning decision. Put on something beautiful, play a song of light while you prepare, and let your first hour set the music for the other twenty-three. The sun does not ask permission to shine, and neither does your joy.

Practice: play one song you love and move with it for its whole length.

Speak the decree three times as the day begins, and let the morning answer.

Morning Seven - Harmony at Home

I AM Harmony in my home and in my world.

Bless your home in the morning and it will hold you all day. A word of blessing over each room, a small act of order, a table set with care: the Golden City is built of mornings like this one.

Practice: bless each room of your home in silence as you pass through it.

Speak the decree three times as the day begins, and let the morning answer.

Morning Eight - The Light I Came to Be

I AM, I AM, I AM - the Light I came to be.

On the eighth morning, gather all the others into one truth: you are not looking for the Light; you are the Light, looking. Carry this decree like a lamp through the whole day, and notice how many doors open for a lamp.

Practice: at midday, stop once, breathe, and repeat the decree three times.

Speak the decree three times as the day begins, and let the morning answer.

THE MORNINGS ARE YOURS

Keep Rising

You can begin the eight mornings again whenever your heart asks - the decrees do not wear out, and neither does the dawn. More gifts of light, cards, wallpapers and songs await you in the Free Gifts of Shambhala. Everything begins free, and free is a complete place to stay.

I AM the Golden Morning; every dawn begins in me.