SHAMBHALA - FREE GIFTS OF LIGHT

I AM OPENNESS

A golden poster of welcome and open-hearted living for your wall, your desk or your home

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DAWN

I AM Openness at dawn: I open my heart and welcome this day of Light.

HEART

I AM Openness in my heart: I welcome love in every gentle form.

WORDS

I AM Openness in my words: I listen first and speak with kindness.

EVENING

I AM Openness at rest: I thank this day and sleep open to the Light.

I AM OPENNESS - OPEN HEART, WELCOMING HANDS, SHINING IN THE LIGHT