SHAMBHALA - FREE GIFTS OF LIGHT

I AM Peace

Decrees of stillness for your wall, your desk or your door -
speak one each time the day grows loud.

STILLNESS

I AM the Peace that stills every storm around me.

THE QUIET CENTER

I AM the quiet center; the winds pass, and I remain in Light.

PEACE AT HOME

I AM Peace in my home: every room rests in golden stillness.

PEACE IN MY WORDS

I AM Peace in my words: I speak slowly, kindly and truly.

PEACE TONIGHT

I AM Peace as I rest: the Light keeps watch over my sleep.

I AM Peace - and my peace is a gift to my whole world.