SHAMBHALA - FREE GIFTS OF LIGHT

I AM PURITY

A golden poster of the pure heart for your wall, your desk or your door

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MORNING

I AM purity at dawn: my thoughts begin clear as morning light.

PATH

I AM purity on my path: I walk in honesty and in peace.

WORDS

I AM purity in my words: what I speak is true and kind.

EVENING

I AM purity at rest: I close this day with a clear and quiet heart.

I AM PURITY - MY HEART IS CLEAR AS LIGHT