SHAMBHALA - FREE GIFTS OF LIGHT

I AM SANCTUARY

A golden poster of sacred rest and inner sanctuary for your wall, your desk or your home

---

MORNING

I AM Sanctuary at dawn: I begin the day in peace, held in the Light.

WORK

I AM Sanctuary in my work: I carry a quiet place of rest within me.

HOME

I AM Sanctuary at home: I make my home a place of prayer and peace.

REST

I AM Sanctuary at rest: I rest deeply, safe in the Light that loves me.

I AM SANCTUARY - AT REST IN PEACE, HELD IN THE LIGHT