SHAMBHALA - FREE GIFTS OF LIGHT

I AM SERENITY

A golden poster of calm waters and quiet trust for your wall, your desk or your door

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MORNING

I AM serenity at dawn: I welcome this day with a quiet heart.

WORDS

I AM serenity in my words: I answer softly and in peace.

HOME

I AM serenity at home: calm waters run through my house.

EVENING

I AM serenity at rest: I release the day and sleep in peace.

I AM SERENITY - MY HEART RESTS IN THE LIGHT