SHAMBHALA - FREE GIFTS OF LIGHT

I AM STEADFAST

A golden poster of calm strength and steady light for your wall, your desk or your home

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MORNING

I AM Steadfast at dawn: I begin the day calm, clear and strong in the Light.

WORK

I AM Steadfast in my work: I take one true step at a time and I do not give up.

HOME

I AM Steadfast at home: I keep my word and hold my home in love and order.

REST

I AM Steadfast at rest: I close the day grateful, trusting the Light for tomorrow.

I AM STEADFAST - CALM IN MY HEART, STEADY IN THE LIGHT