SHAMBHALA - FREE GIFTS OF LIGHT

I AM STILLNESS

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

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MORNING

I AM stillness at dawn: I begin the day in quiet Light.

PATH

I AM stillness on my path: I walk calmly, step by step in Light.

WORDS

I AM stillness in my words: I pause, I breathe, I speak with peace.

EVENING

I AM stillness at rest: I close the day in deep and golden peace.

I AM STILLNESS - IN QUIET, THE LIGHT SPEAKS