SHAMBHALA - FREE GIFTS OF LIGHT

I AM STRENGTH

A golden poster of quiet strength for your wall, your altar or your door

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MORNING

I AM strength at dawn: I rise in Light and begin with a steady heart.

WORK

I AM strength in my hands: I do what is mine to do, gently and well.

STORM

I AM strength in the storm: the Light holds me, and I hold to the Light.

EVENING

I AM strength at rest: I thank this day and renew my strength in peace.

I AM STRENGTH - STEADY IN THE LIGHT