SHAMBHALA - FREE GIFTS OF LIGHT

I AM TRANQUILITY

A golden poster of calm and quiet radiance for your wall, your desk or your home

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MORNING

I AM Tranquility at dawn: I rise calm, clear and at peace.

WORK

I AM Tranquility in my work: I work with calm focus, honesty and joy.

HOME

I AM Tranquility at home: I fill my home with warmth, order and prayer.

EVENING

I AM Tranquility at evening: I rest in gratitude and quiet peace.

I AM TRANQUILITY - CALM, CLEAR AND AT PEACE