SHAMBHALA - FREE GIFTS OF LIGHT

I AM TRUST

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

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MORNING

I AM trust at dawn: the Light of this day already knows my name.

PATH

I AM trust on my path: every step is ordered in love.

WORDS

I AM trust in my words: what I speak rests in the goodness of Light.

EVENING

I AM trust at rest: I hand this day to the Light and sleep in peace.

I AM TRUST - MY HEART RESTS IN LIGHT