SHAMBHALA - FREE GIFTS OF LIGHT

I AM WHOLENESS

A golden poster of wholeness and complete light for your wall, your desk or your home

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MORNING

I AM Wholeness at dawn: I begin the day complete in the Light.

WORK

I AM Wholeness in my work: I give my best with a whole heart.

HOME

I AM Wholeness at home: I keep every corner in love and order.

REST

I AM Wholeness at rest: I close the day whole, grateful and at peace.

I AM WHOLENESS - COMPLETE IN LOVE, COMPLETE IN LIGHT