SHAMBHALA - FREE GIFTS OF LIGHT

7 Days of Light

A week of decrees, reflections and small practices of the Light

This little book is a free gift of Shambhala, the Golden City of Light. It asks nothing of you: no sign-up, no payment, no promises. Take one day at a time. Read the decree aloud in the morning, sit with the reflection, and try the small practice. If a day blesses you, pass the book on to someone you love - a gift of light travels by itself.

Begin tomorrow at sunrise, or begin right now. The Light is not in a hurry, and neither are you.

7 DAYS OF LIGHT

Day One - Gratitude

I AM Gratitude, and my heart is full.

Gratitude is the door of the Golden City. Before the day asks anything of you, give thanks for what is already here: the breath in your body, the light in the window, the people who love you. Thanksgiving turns an ordinary morning into holy ground.

Practice: name three gifts of your life out loud, slowly, and smile at each one.

Speak the decree three times, morning and night, and let the day answer.

7 DAYS OF LIGHT

Day Two - Peace

I AM the Peace that stills every storm.

Peace is not the absence of storms; it is the still center that storms cannot move. Sit quietly, breathe slowly, and let the noise pass like clouds over the mountains of Shambhala. What is yours in the Light cannot be taken by the wind.

Practice: five slow breaths, counting four as you breathe in and four as you breathe out.

Speak the decree three times, morning and night, and let the day answer.

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Day Three - Love

I AM Love in action, everywhere I go.

Love is the law of the Kingdom and the shortest road between two hearts. Today let every word carry a blessing inside it. A kind sentence spoken at the right moment can be the sunrise of somebody's whole week.

Practice: send one message of pure appreciation to someone, expecting nothing back.

Speak the decree three times, morning and night, and let the day answer.

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Day Four - Forgiveness

I AM the Violet Flame, transmuting all into Light.

Forgiveness is freedom you give yourself. Call on the Violet Flame of Saint Germain: see every old weight dissolving in violet fire, gently, completely, until only the lesson and the light remain. What you release today, tomorrow cannot use to hold you.

Practice: name one old grievance, breathe, and say: I release you, and I set myself free.

Speak the decree three times, morning and night, and let the day answer.

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Day Five - Joy

I AM Joy, rising like the morning sun.

Joy is the natural weather of the soul that remembers who it is. Let yourself delight in small holy things today: warm bread, birdsong, a child's laugh, the gold of the afternoon. Joy is not a reward at the end of the road; it is the road.

Practice: do one small thing slowly, only for the pleasure of its beauty.

Speak the decree three times, morning and night, and let the day answer.

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Day Six - Harmony

I AM Harmony in my home and in my world.

Harmony begins in the rooms you can touch. Bring order to one corner, beauty to one table, a gentle word to one conversation. The Golden City is built the same way your home is: one act of loving order at a time.

Practice: bless your home room by room, in silence, with a grateful heart.

Speak the decree three times, morning and night, and let the day answer.

7 DAYS OF LIGHT

Day Seven - Light

I AM the Light that shines in me and through me.

On the seventh day, rest in the truth that holds all the others: you are a being of Light, living in a Kingdom of Light. Carry this week's decrees in your heart and let them shine quietly through everything you do. The city was never far away. It was always within you.

Practice: at sunset, light a candle or face the light, and read all seven decrees aloud.

Speak the decree three times, morning and night, and let the day answer.

THE WEEK IS COMPLETE

Keep the Light

You can begin the seven days again whenever your heart asks for them - the decrees do not wear out. More gifts of light, wallpapers, cards and songs await you in the Free Gifts of Shambhala, and the premium collections are there only if the style wins your heart. Everything begins free, and free is a complete place to stay.

I AM the Light that shines in me and through me.