SHAMBHALA - FREE GIFTS OF LIGHT

30 Days of Light

A printable journal of decrees, gratitude and small lights - one page a day

Print this journal and keep it where your mornings begin. Each day has one page: the decree of the day, room to give thanks, a light you noticed, and one kind word to carry into the evening. Thirty days are here; when they are done, begin again - the Light never repeats itself, and neither will your pages.

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

30 DAYS OF LIGHT

Day 1 Date: _____

I AM Gratitude, and my heart is full.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 2 Date: _____

I AM the Peace that stills every storm.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 3 Date: _____

I AM Love in action, everywhere I go.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 4 Date: _____

I AM the Violet Flame, transmuting all into Light.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 5 Date: _____

I AM Joy, rising like the morning sun.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 6 Date: _____

I AM Harmony in my home and in my world.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 7 Date: _____

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

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 8 Date: _____

I AM Forgiveness - free, and setting all free.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 9 Date: _____

I AM the Presence that guides my steps.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 10 Date: _____

I AM the Golden Morning; every dawn begins in me.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 11 Date: _____

I AM a blessing to everyone I meet.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 12 Date: _____

I AM the quiet center of my world.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 13 Date: _____

I AM the open door to the abundance of the Light.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 14 Date: _____

I AM Faith, standing like a mountain.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 15 Date: _____

I AM Wisdom, lighting my path in gold.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 16 Date: _____

I AM Purity, renewing my whole world.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 17 Date: _____

I AM the Truth of Light, whole and free.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 18 Date: _____

I AM Peace poured over my home.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 19 Date: _____

I AM Freedom: the Violet Flame is acting now.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 20 Date: _____

I AM Compassion, flowing to every heart.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 21 Date: _____

I AM the River of Light, flowing freely.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 22 Date: _____

I AM the Golden City within - Shambhala in my heart.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 23 Date: _____

I AM Stillness, and in stillness I hear the Light.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 24 Date: _____

I AM the Song of the Morning.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 25 Date: _____

I AM Courage wrapped in gentleness.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 26 Date: _____

I AM the Garden of Light, blooming in season.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 27 Date: _____

I AM the Star that rises over my life.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 28 Date: _____

I AM Devotion: my day is an offering of Light.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 29 Date: _____

I AM the Victory of the dawn.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming:

30 DAYS OF LIGHT

Day 30 Date: _____

I AM, I AM, I AM - the Light I came to be.

Today I give thanks for:

A light I noticed today:

One kind word to carry into the evening:

One good thing that is coming: