

# EXPANDING PEACE

Resource Series

## Key Terms

Glossary for Your Integration Journey



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## Appendix A: Key Terms

### The Spiritual Synthesizer's glossary for your integration journey

This appendix offers clear, practical definitions of key concepts woven throughout *Expanding Peace*. Think of it as your reference companion when a term needs clarification or when you want to deepen your understanding of a particular teaching.

These aren't academic definitions. They're living concepts meant to support your journey from knowing to being, from scattered wisdom to embodied integration.

### Quick Reference Table

#### How to Use This Guide:

- Scan the table below for fast definitions and context
- Read the detailed explanations that follow for deeper understanding
- Return here whenever you need clarification during your journey

#### UNDERSTANDING YOUR JOURNEY

| Term                                          | Quick Definition                                                                                                                                                                                                                                | Why It Matters                                                                                            |
|-----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| <b>Expanding Peace</b>                        | Your spiral journey from visiting peace in quiet moments to living from peace in daily life. The path of becoming love in action.                                                                                                               | This is the name of your entire journey and the book's core philosophy.                                   |
| <b>Expanding Peace Integration Method</b>     | The integration methodology with three movements: <b>Remember Who You Are</b> (connecting with your essence), <b>Align with Your Soul Blueprint</b> (discovering your unique curriculum), and <b>Become Love in Action</b> (living your truth). | This is HOW you integrate. Your practical system for moving from spiritual knowledge to embodied reality. |
| <b>Spiritual Synthesizer / Basecamp Guide</b> | A guide who helps you integrate wisdom from multiple traditions. Meets you at mid-mountain to curate and organize, not at the summit like a Guru.                                                                                               | This is WHO I am to you. Your companion for integration, not ultimate realization.                        |
| <b>Spiritual Plateau</b>                      | That frustrating stuck place despite profound knowledge and practice. Actually the threshold where real embodiment begins.                                                                                                                      | This is WHERE you might be now. It's not failure; it's your portal to integration.                        |
| <b>Integration Gap</b>                        | The space between spiritual wisdom you know intellectually and wisdom you live experientially.                                                                                                                                                  | This is the PROBLEM this book solves. Bridging knowing and being.                                         |



| Term                            | Quick Definition                                                                                              | Why It Matters                                                                 |
|---------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| <b>Seeking vs. Synthesizing</b> | Seeking = accumulating teachings.<br>Synthesizing = integrating what you already know into coherent practice. | This is the SHIFT. From "What else do I need?" to "How do I live what I know?" |

## YOUR TOOLS FOR INTEGRATION

| Term                                  | Quick Definition                                                                                                                                                                                                | Why It Matters                                                                                                                                      |
|---------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Integration Toolkit</b>            | The personal collection of practices you build. The book provides eight core Tools; you curate your unique Toolkit from them, organized into Anchors (scheduled rhythms) and Lifelines (60-second practices).   | A customizable system, not a fixed product. You build your own toolkit from what truly serves you so it is sustainable and empowering.              |
| <b>Soul Blueprint</b>                 | Your unique energetic fingerprint (date, time, place of birth) outlining themes, gifts, karmic lessons you chose for this lifetime.                                                                             | Discovering THIS helps you stop following others' maps and trust your own.                                                                          |
| <b>Anchors</b>                        | Scheduled spiritual rhythms (morning practice, evening reflection, weekly rituals) that build capacity over time.                                                                                               | These BUILD your peace. Regular deposits in your spiritual bank account.                                                                            |
| <b>Lifelines</b>                      | Quick 60-second practices deployed instantly during real-time challenges (triggers, conflicts, stress).                                                                                                         | These ACCESS your peace. Deploy the capacity you've built through Anchors.                                                                          |
| <b>Remember Who You Are</b>           | The foundational practice of continuously recognizing your essential divine nature amid daily forgetfulness. First movement of the <i>Expanding Peace Integration Method</i> (Chapters 1-2).                    | You can't align with a purpose or express gifts from a source you've forgotten. Being comes before doing and expressing.                            |
| <b>Align with Your Soul Blueprint</b> | The process of discovering your soul's unique curriculum and gifts, then making choices that resonate with this deeper design. Second movement of the <i>Expanding Peace Integration Method</i> (Chapters 3-5). | This bridges inner knowing with outer direction. It turns intellectual understanding of your purpose into a clear, co-creative path for your life.  |
| <b>Becoming Love in Action</b>        | Ultimate outcome of Expanding Peace journey and the third movement of the <i>Expanding Peace Integration Method</i> (Chapters 4-8). It is the shift from knowing spiritual truths to living them as love        | This is the full embodiment of your practice. Every interaction becomes a sacred opportunity to choose love over fear and embody the peace you are. |



| Term                  | Quick Definition                                                                                                                                    | Why It Matters                                                                                                                                             |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                       | through your unique gifts in family, work, and daily life.                                                                                          |                                                                                                                                                            |
| <b>Soul Polishing</b> | Relationships designed for mutual growth through conscious friction. Like stones in a tumbler, abrasion reveals brilliance. (~90% of relationships) | Shift from "Why is this difficult?" to "What is this teaching me?" These catalyze deep transformation.                                                     |
| <b>Tree of Life</b>   | Metaphor illustrating unity consciousness. We are all branches on one Tree, connected to same root (Divine Source).                                 | Your Soul Blueprint = your specific branch. Your free will = how you grow FROM that branch. You're expressing the life flowing through YOUR unique branch. |

## CORE SPIRITUAL FOUNDATIONS

| Term                         | Quick Definition                                                                                                       | Why It Matters                                                                             |
|------------------------------|------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| <b>God / Source / Divine</b> | The infinite, loving intelligence that is the ground of all existence. Used interchangeably throughout the book.       | Use whatever language opens YOUR heart. The experience matters more than the name.         |
| <b>Spiritual Being</b>       | YOU ARE a spiritual being having a human experience. Your essence is already divine.                                   | This is the foundation. Not becoming spiritual; recognizing what you already are.          |
| <b>Separation / Ego</b>      | The fundamental illusion of being disconnected from God, others, and your divine nature. Ego = sense of separate self. | Not something to destroy but to recognize as a temporary construct, not your identity.     |
| <b>Heart-Centered</b>        | Deciding from heart wisdom rather than mental analysis. The heart is 60 million times more intelligent than the brain. | How you ACCESS deeper wisdom. Drop from thinking mind to feeling heart.                    |
| <b>Oneness</b>               | Direct recognition that all separation is illusion. One consciousness expressing through infinite forms.               | If YOU are divine, SO IS EVERYONE ELSE. Foundation for authentic relationship and service. |



| Term                       | Quick Definition                                                                                                                                      | Why It Matters                                                                              |
|----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| <b>Unity Consciousness</b> | The lived EXPERIENCE of Oneness, not just intellectual understanding. Feeling connection as daily reality.                                            | This transforms "difficult people" from obstacles into curriculum.                          |
| <b>Co-creation</b>         | The dance between surrender to divine will and proactive engagement. Synthesis of fate (Soul Blueprint) and free will (conscious choices).            | You're not passively waiting or forcing outcomes. You're partnering with the Divine.        |
| <b>Abiding</b>             | Revolutionary practice of Being One with God in every moment, eyes open or closed. Not seeking a state but recognizing the awareness you already are. | Different from meditation (DOING) or mindfulness (managing). Abiding is BEING one with God. |

## WISDOM SOURCES & TEACHERS

| Term                                                   | Quick Definition                                                                                                                                | Where It Appears                                                                                    |
|--------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| <b>Realized Master / Guru</b>                          | Someone who has reached complete enlightenment and teaches from that attained state. Transmits ultimate reality through presence .              | See Introduction for detailed comparison with Spiritual Synthesizer. When to work with each.        |
| <b>Raja Yoga</b>                                       | Royal path of meditation and mental discipline. Specifically, heart-centered meditation practice taught by Chariji of Shri Ram Chandra Mission. | Foundation for understanding meditation as communion with Divine, not stress reduction.             |
| <b>Christian Mysticism</b>                             | Inner, experiential dimension of Christianity emphasizing direct relationship with God.                                                         | Source of Abiding teachings – practice of Being One with God continuously. See Appendix B.          |
| <b>Spiritual Shamanism / Shamanic Spiritual School</b> | Ancient Eurasian lineage passed down for thousands of years. Endorsed by Dalai Lama, Pope Francis, Ram Dass.                                    | Source of Sampo System, consciousness-raising practices, Fate + Free Will teaching. See Appendix B. |



## COMPARISON CHARTS

### Guru vs. Spiritual Synthesizer (see Intro for details)

| Aspect              | Realized Master / Guru                         | Spiritual Synthesizer                            |
|---------------------|------------------------------------------------|--------------------------------------------------|
| <b>Position</b>     | At the summit (complete enlightenment)         | At the basecamp (fellow traveler with tools)     |
| <b>Focus</b>        | Ultimate reality and transcendence             | Practical integration and embodiment             |
| <b>Method</b>       | Direct transmission through grace              | Integration methodology and practical tools      |
| <b>Tradition</b>    | One pure lineage                               | Multiple traditions synthesized                  |
| <b>Best For</b>     | Those ready for complete single-path surrender | Plateaued seekers needing integration support    |
| <b>Key Question</b> | "How do I reach enlightenment?"                | "How do I live the truths I've already learned?" |

### Meditation vs. Mindfulness vs. Abiding (see Chapter 2 for details)

| Aspect                     | Meditation                      | Mindfulness                    | Abiding                            |
|----------------------------|---------------------------------|--------------------------------|------------------------------------|
| <b>Focus</b>               | Seeking a spiritual state       | Managing experience skillfully | Recognizing what you already are   |
| <b>Primary Action</b>      | DOING a practice                | Refining attention             | BEING divine awareness             |
| <b>Relationship to God</b> | Trying to reach God             | Observing without judgment     | Being One with God                 |
| <b>Eyes Closed</b>         | Quieting mind, seeking peace    | Observing sensations           | Resting IN God, feeling Oneness    |
| <b>Eyes Open</b>           | Practice ends when session ends | Maintaining present awareness  | Living AS God's awareness moving   |
| <b>Core Question</b>       | "How do I achieve this state?"  | "How do I stay present?"       | "Where is my attention right now?" |



### How to Navigate the Full Appendix:

The tables above provide quick reference. For deeper understanding of any term, continue reading the detailed explanations that follow, organized in these sections:

1. **Understanding Your Journey** (Terms 1-6)
2. **Your Tools for Integration** (Terms 7-11)
3. **Core Spiritual Foundations** (Terms 12-18)
4. **Wisdom Sources & Teachers** (Terms 19-22)
5. **Concepts for Daily Life** (Terms 23-25)

Return to this table whenever you need a quick reminder. Let the detailed explanations deepen your understanding over time as your own experience grows.

## Detailed Explanations of Key Terms

### 1. Expanding Peace

**Expanding Peace is your spiral journey home.** It's the path from visiting peace in quiet moments to *living from* that peace in your messy, beautiful, everyday life. It's the process of **becoming love in action**, more and more each day.

**This journey isn't a straight line.** It's a gentle spiral where you revisit lessons at deeper levels, following the energy of your own growth.

**The Key Difference:** You don't "do" Expanding Peace - you learn to move *with* its natural rhythm of integration.

**The Expanding Peace Integration Method: The Methodology for Your Integration Journey**  
The Expanding Peace Integration Method is the ***heartbeat of this journey*** - the natural spiritual synthesis and integration process that is designed to help you break through spiritual plateaus and guide your expansion.

- **It's a Spiral, Not a Ladder:** Life doesn't move in straight lines, and neither does real growth. The spiral path honors your unique rhythm, allowing you to circle through lessons with more grace and depth each time.
- **The Three-Step Journey:** It flows from Remember Who You Are (knowing your divine essence), to Align with Your Soul Blueprint (discovering your unique soul curriculum and gifts), to Become Love in Action (living your truth in relationships, work, and all of life).
- **Integrating Not Adding:** This unique method does not add new spiritual content to master. Instead, it focuses on weaving what you have into sustainable daily rhythms that are right for you.
- **Start Where You Are:** You can enter this spiral through any area of life that calls you most strongly. Where you begin is perfect. The spiral meets you there and guides you toward greater wholeness.

**Expanding Peace is the journey. The Integration Method is its natural, guiding roadmap.** Together, they form a compassionate system for weaving spiritual wisdom into the very fabric of your daily life.



## 2. Spiritual Synthesizer / Basecamp Guide (contrasted with Guru)

A Spiritual Synthesizer is a guide who helps you integrate wisdom from multiple spiritual traditions into coherent, livable practice. Unlike a fully realized Master or Guru who teaches from the summit of complete attainment, a Spiritual Synthesizer walks the mountain *with* you, providing the practical maps and tools like **the *Expanding Peace Integration Method*** (guiding you to Remember, Align and Become) and Integration Toolkit to help you lighten your load, curate what truly serves you, and discover your unique path forward.

**The key difference:** A Guru shows you ultimate reality through direct transmission and grace, often within one pure lineage. A Synthesizer provides integration tools, helping you process everything you've already learned from multiple sources into practical daily application.

**Think of it this way:** The Guru is the summit. The Synthesizer is your trail guide at basecamp, helping you organize your backpack, understand the terrain, and discover which trail matches your soul's unique path toward that same summit.

**Perfect for:** Plateaued seekers who've studied multiple paths but struggle with the integration gap. Those not yet ready for complete single-path surrender but needing practical tools to live the wisdom they've gathered.

**Key question a Synthesizer helps with:** "How do I live the truths I've already learned?"

*See Introduction for a detailed comparison table of when to select a Guru versus a Spiritual Synthesizer for the next stage of your spiritual growth.*

## 3. Spiritual Plateau

The spiritual plateau is that frustrating place where you feel stuck despite having profound knowledge and regular practice. You've read the books, done the workshops, gathered transformative insights, yet something essential hasn't shifted. Growth feels stalled. Breakthroughs feel distant.

**The Paradox:** The plateau isn't a failure or a problem to solve. It is the essential threshold where real embodiment begins - the space between intellectual knowing and lived experience where integration occurs. It's not a stall; it's your portal to genuine transformation.

**The shift:** Stop seeking more information and start integrating what you already know. Your plateau is your portal.

## 4. Integration Gap

The integration gap is the space between spiritual wisdom you know intellectually and wisdom you live experientially. It's knowing you're a spiritual being but still reacting from ego. It's understanding unity consciousness but feeling separate. It's having powerful meditation experiences that don't translate into patience with difficult people.



**This gap shows up as:**

- Scattered practices from many traditions without coherent synthesis
- Sunday inspiration that doesn't survive Monday reality
- Profound insights that don't change habitual patterns
- Knowing what to do but not consistently doing it

**The solution:** Not more information, but practical integration tools that help you weave wisdom into sustainable daily rhythms. This book is designed to bridge this gap.

## 5. Seeking vs. Synthesizing

**Seeking** is the accumulation phase of spiritual development. You read, explore, gather teachings, try different practices, and collect profound insights from multiple sources. This exploration is valuable and often necessary.

**Synthesizing** is the integration phase. You stop adding more teachings and start processing what you've already learned. You discern which wisdom truly serves your soul versus what was interesting but not essential. You translate scattered knowledge into coherent practice that works in your actual life.

**The transition:** Seeking asks "What else do I need to learn?" Synthesizing asks "How do I live what I already know?" Both phases serve essential spiritual functions. The key is recognizing when it's time to shift from one to the other.

## YOUR TOOLS FOR INTEGRATION

### 6. Integration Toolkit

**Your Integration Toolkit** is the personal, living collection of practices you curate from the eight core Integration Tools introduced in this book. It is organized into two primary systems: **Anchors** (scheduled spiritual rhythms that build capacity) and **Lifelines** (60-second practices you deploy in real-time challenges). Chapter 8 will guide you in weaving these tools into your unique daily rhythms.

#### **The Eight Unique Integration Tools from Expanding Peace:**

This is your menu for crafting a sustainable practice. Your personal toolkit consists of the tools that most resonate with you.

-  **Sacred Pause** (Presence)
-  **Soul Blueprint** (Purpose)
-  **Relationship Mirror** (Connection)
-  **Inspired Work** (Contribution)
-  **Radiant Wellness** (Health)
-  **Home Sanctuary** (Environment)
-  **Anchors & Lifelines** (Resilience)
-  **Happy Habits** (Joy)



**What makes it different:** This isn't about adding more practices to an already overwhelming spiritual to-do list. It's about selecting the essential few from the eight core tools that help you embody who you truly are. Your personal toolkit should feel sustainable, not exhausting.

**The principle:** Integration, not accumulation. Embodiment, not performance. Follow your energy. What creates expansion? What lights you up? Those are the practices that belong in your toolkit.

**Note:** To begin building your toolkit, access the **free Integration Starter Toolkit** online. This kit provides your first essential resource - including the guided **Sacred Pause** practice - to give you an immediate experience of integration in action at [ExpandingPeace.com/integration-toolkit](https://ExpandingPeace.com/integration-toolkit)

## 7. Soul Blueprint

Your Soul Blueprint is your unique energetic fingerprint created by your date, time, and place of birth. It outlines the core themes, innate gifts, karmic lessons, and primary relationships your soul chose to explore in this lifetime. Understanding your Soul Blueprint is a primary goal of the Aligning Your Soul Blueprint stage, providing the clarity needed for Becoming Love in Action.

**This is fate:** Your soul chose specific curriculum (the "what" and "why" of your journey's territory).

**You have free will:** You choose how to respond to this blueprint. You can meet life's challenges through resistance, force, or conscious alignment.

**The synthesis:** Purpose emerges from the dance between your Soul Blueprint (fate) and your conscious, loving response to it (free will). This book offers a process using astrology, life review, and discernment to help you discover your unique design so you can stop following someone else's map and trust your own.

**Key insight:** You're not finding the one "right" branch on the Tree of Life. You're fully expressing the life flowing through your unique branch, contributing to the health of the entire Tree.

## 8. Anchors & Lifelines

**Anchors** are scheduled spiritual rhythms (morning practices, evening reflections, weekly rituals) that build your spiritual capacity over time. They're like regular deposits into your inner peace bank account. Anchors create the foundation.

**Lifelines** are quick 60-second practices you can deploy instantly during real-time challenges. When you're triggered in a meeting, stuck in traffic, or facing conflict, Lifelines help you choose conscious response over autopilot reactivity. They're how you access the peace you've built through Anchors.



**Together, they form:** A practical three-part method for sustainable integration. Anchors build capacity. Lifelines deploy it. This is how spiritual wisdom becomes lived reality rather than compartmentalized practice.

*Note: Anchors & Lifelines are detailed in Chapter 8. Get the quick-reference guide online for free at [ExpandingPeace.com/resources](https://ExpandingPeace.com/resources)*

## 9. Remember Who You Are

**Remember Who You Are** is the foundational practice of continuously recognizing your essential divine nature amid the forgetfulness of daily life. It's the first movement in the *Expanding Peace Integration Method* (Chapters 1-2).

**The recognition:** You ARE a spiritual being having a human experience. Your essence is already whole, peaceful, and divine. You are the awareness *having* thoughts and emotions, not the thoughts and emotions themselves.

**The practice:** You will forget this truth constantly. Life's demands, triggers, and mental stories will pull you into identification. This isn't failure. Remembering Who You Are is the gentle, moment-by-moment art of returning to the felt sense of "I am divine essence."

**The foundation:** You cannot align with a purpose or express authentic gifts from a source you've forgotten. Being comes before doing and expressing. Who you know yourself to be is the ground from which all meaningful action grows.

## 10. Align with Your Soul Blueprint

**Align with Your Soul Blueprint** is the second movement in the *Expanding Peace Integration Method* (Chapter 3). Once you remember your essential nature, this phase answers the question: "What unique curriculum did my soul choose for this lifetime, and how do I work with it?"

**The discovery:** This is the process of moving from a general sense of divinity to understanding your soul's specific design—your innate gifts, core karmic themes, and the primary relationships and lessons you incarnated to explore.

**The process:** Alignment is the conscious choice to stop resisting your soul's curriculum and start collaborating with it. It involves making life choices—in career, relationships, and habits—that resonate with this deeper self-knowledge, turning intellectual understanding of your purpose into a clear, co-creative path.

**The bridge:** This stage transforms fate into a partnership. You are no longer a passive passenger on your life's journey, but an active navigator using the map of your Soul Blueprint to guide your choices toward greater congruence and fulfillment.

## 11. Becoming Love in Action



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**Becoming Love in Action** is both the ultimate outcome of the Expanding Peace journey and the third movement of the Integration Method (Chapters 4-8). It represents the full flowering of your practice - the shift from knowing spiritual truths to being a living expression of Divine Love in every moment and area of life.

**This is your daily practice:**

- Choosing love over fear in the sacred now.
- Seeing every interaction as an opportunity to embody peace.
- Recognizing that your own healing is an act of service.

**The Path Through the Expanding Peace Integration Method:**

1. **Remember Who You Are:** Connect with your divine essence.
2. **Align with Your Soul Blueprint:** Discover your unique soul curriculum and gifts.
3. **Become Love in Action:** Express this truth through your relationships, work, and daily life.

**Why it matters:** Your growth is measured not by peak spiritual experiences, but by how kindly and lovingly you show up in ordinary moments. It's not about how enlightened you feel, but about how loving you've become in your embodied human experience.

## 12. Soul Polishing

Soul polishing describes relationships designed for mutual growth through conscious friction. Like stones in a rock tumbler, the abrasion isn't punishment. It's the process that reveals brilliance.

**The Christian Mystic teaching from Aama:** Most relationships in your life (perhaps 90%) are soul polishing rather than soul nourishing. They challenge your patience, trigger unhealed wounds, require boundaries, and force you to choose between ego reactivity and conscious response.

**Why so many?:** You incarnated with specific lessons to learn and qualities to develop. Comfortable relationships don't catalyze the same depth of transformation that challenging ones do.

**The shift:** From "Why is this person making my life difficult?" to "What is this relationship teaching me that I couldn't learn any other way?"

**Soul nourishing relationships:** The harmonious 10% where you rest and receive support. Your soul family, people with whom you share no negative karmic ties. Both types of relationships serve essential functions.

## 13. Tree of Life

The Tree of Life is a powerful metaphor that is introduced in chapter 1 to illustrate unity consciousness and your unique spiritual path.



**The image:** We are all branches on one great Tree, connected to the same root system of Divine Source. Each branch has a unique perspective, lessons, and gifts based on its placement.

**Your Soul Blueprint:** Your specific branch, the curriculum of experiences your soul chose for this lifetime. This is the element of fate.

**Your free will:** How you choose to grow FROM that branch. Do you contract in fear, clinging to familiar patterns? Or do you expand toward the light, reaching for new experiences?

**The Synthesizer's path:** You're not finding the one "right" branch. You're fully expressing the life flowing through your unique one, contributing to the health of the entire Tree. You might explore different branches (trying new practices, exploring different traditions). This isn't a detour. It's intelligent movement toward the light, always drawing you closer to the trunk, to Home.

**The goal:** Not reaching the trunk in one heroic leap (old paradigm of harsh seeking). Simply growing with more light, more love, and more awareness each day, trusting that every mindful step is a homecoming in itself.

## CORE SPIRITUAL FOUNDATIONS

### 14. God / Source / Divine

Throughout this book, these terms are used interchangeably to honor different spiritual traditions and personal preferences. They all point to the same infinite, loving intelligence that is the ground of all existence.

**A note on language:** Some readers connect most deeply with "God," others with "Source," "The Divine," "The Universe," "The Eternal One," "The Absolute," "Higher Power," "Spirit," "Universal Consciousness," "Heavenly Father," "Creator," "Allah," "Brahman," "Divine Power," "Tengri," "Divine Mother," "Consciousness," "The Beloved," "The Alpha and The Omega," "Jesus Christ," "Awareness," "Love," "Presence," "The Ultimate Reality," "Pulsating Aliveness," or "Cosmic Consciousness." I use many of these terms in this book to point to the same indescribable Reality. Please translate into whatever language opens your heart. The direct experience matters infinitely more than the name.

**The recognition:** You are not separate from this Divine essence. You are an expression of it, a wave in the ocean, a branch on the Tree. Abiding is the practice of feeling this Oneness continuously.

### 15. Spiritual Being



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The foundational recognition of this book: You ARE a spiritual being having a human experience. Not a human trying to become spiritual. Your essence is already divine.

**What this means:**

- **Your true nature is eternal awareness** - you are the consciousness *having* thoughts and emotions, not the thoughts and emotions themselves.
- **Life's challenges are curriculum, not your identity.** They are lessons for the character you're playing, not definitions of your eternal soul.
- Your imperishable essence (the one noticing thoughts, feelings, sensations) is what's Real

**The shift:** From "I need to find God" to "I am divine awareness remembering itself." From doing spiritual practices to achieve something to recognizing what you already are.

## 16. Separation / Ego

Separation is the fundamental illusion that you are disconnected from God, from others, from your own divine nature. The ego is the sense of being a separate self, distinct and defended.

**The paradox:** The ego isn't evil or something to destroy. It's a useful tool for navigating human life, like having a functional operating system on your computer. The problem is when you identify AS the ego rather than recognizing it as a temporary construct.

**The teaching:** Your ego creates the stories of "me" versus "them," past regrets, future anxieties, all the mental narratives. None of this is ultimately Real. The awareness *in which* these stories arise and pass (your true essence) is what's eternal and imperishable.

**The path:** Not annihilating ego but recognizing it's not who you are. You're the spacious awareness in which ego thoughts arise and pass.

## 17. Heart-Centered

Heart-centered means sourcing your decisions, relationships, and spiritual practice from the wisdom of your heart rather than the analysis of your mind.

**The teaching in chapter 2:** "The heart is 60 million times more intelligent than the brain." Abiding helps by drawing attention from head to heart, from analyzing to feeling, from understanding to communion.

**In practice:** When facing a decision, you pause. You drop awareness from your thinking mind into your heart space. You ask: "What does my heart know?" Then you listen for the felt sense rather than the logical argument.

**Key insight:** Heart-centered living doesn't mean ignoring practical considerations. It means letting your heart wisdom inform and guide the mind's intelligence.



## 18. Oneness

Oneness is the direct recognition that all apparent separation is illusion. At the deepest level, there is only one consciousness expressing through infinite forms.

**The recognition:** If YOU are a spiritual being having a human experience, then SO IS EVERYONE ELSE. Different forms, personalities, conditioning, yes. But the same essential divine nature underneath it all.

**Not spiritual bypassing:** Understanding Oneness doesn't mean pretending differences don't matter or bypassing genuine pain. It means recognizing that your peace and others' peace are intimately connected. Your healing contributes to collective healing.

**Why it matters:** This is the foundation for all authentic relationship and service work. When you recognize the same divine essence in all beings, every interaction becomes sacred.

## 19. Unity Consciousness

Unity consciousness is the lived experience of Oneness. It's not just understanding intellectually that we're all connected, it's FEELING that connection as your daily reality.

**The shift:** From seeing others as separate beings to recognizing them as fellow branches on the same Tree of Life, connected through the same root system.

**In relationships:** Unity consciousness transforms "difficult people" from obstacles into curriculum. When you see someone triggering you as another spiritual being working through their own lessons, everything changes.

**The paradox:** Unity consciousness doesn't erase healthy boundaries or mean tolerating harmful behavior. It means recognizing shared essence while honoring different expressions and needs.

## 20. Co-creation

Co-creation is the dance between surrender to divine will and proactive engagement with your life. It's the synthesis of fate (your Soul Blueprint) and free will (your conscious choices) as taught in the Shamanic Spiritual School and discussed in chapter 3.

**Not passive waiting:** Co-creation means you don't just sit back hoping things work out. You take inspired action, use spiritual practices, raise your energy, and align with your soul's curriculum.

**Not forcing outcomes:** Co-creation also means you're not white-knuckling your way through life, trying to control everything. You partner with the Divine, trusting that your soul's intelligence knows the perfect timing.



**The balance:** Ask for guidance. Listen. Take aligned action. Release attachment to specific outcomes. Trust the unfolding.

## 21. Abiding (contrasted with Meditation & Mindfulness)

Abiding is the revolutionary practice of Being One with God in every moment, eyes open or closed. It's not about seeking a spiritual state but recognizing the divine awareness you already are.

**Contrasted with Meditation:** Meditation often feels like seeking God. You sit, you try, you aim to quiet the mind and reach a peaceful state. Meditation is primarily about DOING a practice.

**Contrasted with Mindfulness:** Mindfulness often feels like managing experience. You practice observing thoughts and sensations without judgment, learning not to be hijacked by them. Mindfulness is primarily about refining attention.

**Abiding IS:** Simply being one with God. There is no seeking. There is only awareness, communing, and feeling the Oneness you have never left. Abiding is primarily about BEING what you truly are.

### Two modes:

- Eyes closed, attention internalized: You rest IN God, feeling the Oneness. This is communion.
- Eyes open, attention on daily life: You live AS God's awareness moving through the world.

**The practice:** Where is my attention right now? Gently guide it from thoughts (the unreal) back to the awareness noticing them (the Real). This isn't a battle. It's a gentle homecoming, practiced moment by moment.

**Key Christian Mystic teaching from Aama:** Every time you lovingly guide your attention from being lost in thought streams back to the aware presence you are, it matters. Every single time.

*Note: Chapter 2 contains a comparative table exploring Abiding, Meditation, and Mindfulness in detail.*

## WISDOM SOURCES & TEACHERS

### 22. Realized Master / Guru

A Realized Master or Guru is someone who has reached complete enlightenment and teaches from that attained state. They embody the destination and can transmit ultimate reality through direct experience and grace.



**Key characteristics:**

- Teaches from complete spiritual attainment
- Offers one pure path within a specific tradition
- Transmission happens through presence, grace, direct pointing
- Focus on ultimate enlightenment and transcendence

**Perfect for:** Those called to one tradition, ready for complete surrender to a Guru's guidance.

**Relationship to Spiritual Synthesizer:** The Guru and Synthesizer serve different essential functions. The Guru transmits ultimate reality. The Synthesizer provides integration scaffolding. They're not competing roles but different phases of the spiritual journey.

*See Introduction for a detailed comparison table of when to select a Guru versus a Spiritual Synthesizer for the next stage of your spiritual growth. And, see Appendix B for a list of core teachings from my main spiritual teachers.*

## 23. Raja Yoga

Raja Yoga is the royal path of meditation and mental discipline, one of the classical yoga paths. In this book, Raja Yoga specifically refers to the heart-centered meditation practice taught by Chariji of the Shri Ram Chandra Mission.

**What it offers:** Direct communion with the Divine through meditation as devotional practice rather than mental concentration. The recognition that you're not seeking God through practice but communing with the God you've never been separate from.

**How it appears in this book:** The foundation for understanding meditation as relationship with the Divine, not just a stress-reduction technique.

## 24. Christian Mysticism

Christian Mysticism is the inner, experiential dimension of Christianity that emphasizes direct personal relationship with God and Christ consciousness.

Christian Mysticism is a transformative path within the Christian tradition that emphasizes the soul's direct, experiential knowledge of and union with God. It moves beyond dogma and ritual to cultivate an intimate, personal encounter with the Divine, often described as the presence of Christ or the Holy Spirit. Unlike theological study, its focus is on inner experience, prayer of the heart, and the transformative journey of the soul back to its source in God.

**What it offers:** A pathway to profound inner communion with the Divine, characterized not by acquiring new knowledge but by shedding the ego to rest in God's loving presence. It offers the recognition that the seeker is not attempting to reach a distant God through effort,



but is awakening to the Divine Reality that has always been present within the ground of the soul. This is often described as the birth of Christ within, the awakening of the Spirit, or the unitive life where the human will rests in alignment with the Divine Will.

**How it appears in this book:** As a foundational framework for understanding contemplative prayer and meditation as a relational practice of being with God, rather than a technique for achieving a mental state. It provides the historical and spiritual context for seeing spiritual practice as a journey of deepening love, inner transformation, and ultimate union with the Divine Source.

## 25. Spiritual Shamanism / Shamanic Spiritual School

The Shamanic Spiritual School is an ancient Eurasian lineage passed down for thousands of years from Shaman to Shaman. This school has been endorsed by the Dalai Lama, Pope Francis, and Ram Dass. And, my Mentor is Shaman Abhay Oyun, who is a Master Teacher in this School.

### What it offers:

- Consciousness-raising practices (Sampo Katas, Shamanic Dance)
- Energy protection and proactive co-creation
- The teaching of Fate + Free Will (your soul chose the curriculum; you choose how to learn it)
- Field of Love meditation for collective healing
- Comprehensive teachings on relationships, purpose, and embodied practice

**Their contribution to this book:** Some of the world's highest spiritual teachings for raising your vibration, protecting yourself from negative energy, and accelerating your spiritual development to help yourself and humanity.

**Finding them:** Free teachings available through Flower of Life courses on their websites at [www.abhayoyun.org](http://www.abhayoyun.org) and [www.amazon1.org](http://www.amazon1.org), and YouTube channel at [www.youtube.com/@esotericchannel](http://www.youtube.com/@esotericchannel)

*Note: Appendix B contains Field of Love, Sampo System, Flower of Life, and other core teachings from the Shamanic Spiritual School.*

## How to Use This Appendix:

Return to these definitions whenever you encounter a term that needs clarification. Let them deepen over time as your own experience grows. Remember, these aren't academic concepts to memorize but living invitations to embody wisdom in your own unique way.

Your relationship with these teachings will evolve as you do. What resonates today may shift tomorrow. Trust your inner guidance. Take what serves your soul and leave what doesn't.

This is the heart of being a Spiritual Synthesizer.



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## Deepening Your Practice

Your integration journey continues beyond this book. To go deeper:

- **Get Your Free Integration Toolkit** – Receive your starter kit plus weekly "Moments of Expanding Peace" to support your daily practice: [ExpandingPeace.com/integration-toolkit](https://ExpandingPeace.com/integration-toolkit)
- **Explore Key Terms & Lineages** – Deepen your understanding with Appendix A (Key Terms) and Appendix B (Teachings & Origins)
- **Find All Free Resources** – Access the complete library of maxims, practices, and community connections: [ExpandingPeace.com/resources](https://ExpandingPeace.com/resources)

## NEXT STEPS

Thank you for practicing Expanding Peace.

Continue your journey at [ExpandingPeace.com/resources](https://ExpandingPeace.com/resources)  
or receive weekly inspiration at [ExpandingPeace.com/integration-kit](https://ExpandingPeace.com/integration-kit)

✨ May your expanding peace become love in action.



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