

# EXPANDING PEACE

Resource Series

## Practices Guide

Your Spiritual Toolkit Reference



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## PRACTICES GUIDE

### Your Spiritual Toolkit Reference

This guide organizes every practice from *Expanding Peace* into actionable categories. Rather than rereading full chapters, use this as your go-to reference for building your daily rhythm, responding to challenges, and diagnosing plateaus.

#### How to Use This Guide:

Scan the tables below to quickly find practices for your specific need. Each practice includes its primary benefit and source chapter for detailed instructions.

#### Navigation:

- **Building Morning/Evening Anchors:** See Tables 1 & 2
- **Finding Lifeline Practices for Challenges:** See Table 3
- **Diagnosing Plateaus:** See Table 4 (Three Lenses)
- **Detailed Practice Instructions:** See "Comprehensive Practice List by Chapter" section
- **Quick Start Guide:** See end of appendix

#### Two Ways to Use This Appendix:

1. **Need a practice right now?** Use Tables 1-3 to find what you need by category (Morning Anchor, Evening Anchor, or specific challenge)
2. **Want complete instructions?** Go to "Comprehensive Practice List by Chapter" section for full step-by-step details

Remember: You're not collecting practices like spiritual merit badges. You're curating the essential ones that genuinely resonate with your Soul Blueprint. Follow your energy. What creates expansion in your body? Those are YOUR practices.

#### A Note on the Practices

This quick-reference guide is designed for ease of use. For those who wish to deepen their understanding, each practice is rooted in specific wisdom lineages or represents my own synthesis. See Appendix B (Teaching & Origins) in *Expanding Peace* for details.

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### TABLE 1: MORNING ANCHOR PRACTICES (15 Minutes Total: 5+5+5)

**Structure: Devotion + Awareness + Action ensures you touch heart, mind, and body**

### DEVOTION STREAM (Heart Connection - 5 minutes)

| Practice                            | Primary Benefit                                                | Chapter    |
|-------------------------------------|----------------------------------------------------------------|------------|
| <b>Field of Love meditation</b>     | <b>Connect with Divine love, send healing energy to others</b> | <b>1</b>   |
| Gratitude journaling                | Shift attention to blessings, raise baseline vibration         | Universal* |
| Morning prayer                      | Establish conscious relationship with Divine                   | Universal  |
| Sacred reading                      | Receive wisdom from nourishing texts                           | Universal  |
| Heart-opening breath                | Expand heart energy, feel gratitude physically                 | Universal  |
| Connection with Onome               | Feel supported by Divine counterpart                           | 4          |
| Connection with supportive presence | Feel guidance from guardian angel, deceased loved one, etc.    | Universal  |

*\*Universal indicates practices referenced in multiple chapters or applicable across all areas of your spiritual journey. Many of these practices are known across spiritual traditions. For these practices, consult the Comprehensive Practice List by Chapter section or the chapter most relevant to your current focus.*

### AWARENESS STREAM (Mind Cultivation - 5 minutes)

| Practice                     | Primary Benefit                                                                                                                                            | Chapter   |
|------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| <b>Abiding practice</b>      | <b>Recognize yourself as Divine awareness, not thoughts. Options: natural breath awareness, feeling Oneness with eyes closed, noticing you're noticing</b> | <b>2</b>  |
| Breath awareness             | Anchor attention in present moment. <b>Options: natural breath, 4-7-8 pattern, or alternate nostril breathing</b>                                          | Universal |
| Body scan                    | Notice sensations without judgment, build somatic awareness                                                                                                | Universal |
| Mindful tea/coffee ritual    | Practice full presence, train attention                                                                                                                    | Universal |
| Silent sitting               | Cultivate receptive awareness, rest in being                                                                                                               | Universal |
| Self-inquiry ("Who am I?")   | Recognize essential nature beyond ego identity                                                                                                             | 1         |
| Purpose check-in             | Align actions with Soul Blueprint                                                                                                                          | 3         |
| Witnessing triggers          | Observe patterns without being controlled by them                                                                                                          | 4         |
| Abundance/scarcity awareness | Notice fear-based thinking about money/resources                                                                                                           | 5         |

### ACTION STREAM (Body Integration - 5 minutes)

| Practice                             | Primary Benefit                                                                                                    | Chapter          |
|--------------------------------------|--------------------------------------------------------------------------------------------------------------------|------------------|
| Energetic clearance                  | Release emotional residue, start day clear                                                                         | 6                |
| Gentle yoga/stretching               | Embody presence, release physical tension                                                                          | Universal        |
| <b>Energy-raising movement</b>       | <b>Shift stagnant energy, increase vitality. Options: shamanic dance, qigong, shaking, jumping, abundance yoga</b> | <b>Universal</b> |
| Daily intention setting              | Clarify how you want to show up today                                                                              | 3                |
| Conscious planning with Body Compass | Check priorities against body wisdom                                                                               | 5                |
| Acts of service intention            | Dedicate actions to helping others                                                                                 | 1                |
| Boundary awareness practice          | Check what you're saying yes/no to today                                                                           | 4                |
| Space clearing                       | Remove energetic clutter from environment                                                                          | 7                |
| <b>Shamanic protection practice</b>  | <b>Set energetic boundaries, protect from negative influences (Shamanic Spiritual School Sampo System)</b>         | <b>8 + 6 + 1</b> |

### TABLE 2: EVENING ANCHOR PRACTICES (10-15 Minutes Total)

Structure: Release + Receive + Integrate for processing the day and preparing for rest

#### RELEASE (3-5 minutes - Choose 1-2)

| Practice                         | Primary Benefit                                                                   | Chapter   |
|----------------------------------|-----------------------------------------------------------------------------------|-----------|
| <b>Evening energetic release</b> | <b>Complete emotional inventory + body dialogue + healing light visualization</b> | <b>6</b>  |
| Ho'oponopono forgiveness         | Release resentment toward self and others                                         | 4         |
| Journaling emotional residue     | Name and release what you're carrying                                             | Universal |
| Breathwork for letting go        | Physical release of stuck energy                                                  | Universal |
| Body tension scan & release      | Notice where stress lives, consciously soften                                     | 6         |
| Apology or repair conversation   | Clear relational debris before sleep                                              | 4         |

#### RECEIVE (4-5 minutes - Choose 1)

| Practice                           | Primary Benefit                                                 | Chapter   |
|------------------------------------|-----------------------------------------------------------------|-----------|
| <b>Bestie Breathing meditation</b> | <b>Rest in intimate relationship with Divine as best friend</b> | <b>8</b>  |
| Gratitude reflection               | Acknowledge day's blessings, shift perspective                  | Universal |
| Loving-kindness meditation         | Send compassion to self and others                              | 4         |

| Practice                 | Primary Benefit                            | Chapter   |
|--------------------------|--------------------------------------------|-----------|
| Divine reading or prayer | Receive guidance and comfort               | Universal |
| Heart-centered Abiding   | Feel Oneness with eyes closed before sleep | 2         |
| Soul-elevating music     | Let beauty restore your nervous system     | Universal |

### INTEGRATE (2-3 minutes - Choose 1)

| Practice                        | Primary Benefit                                          | Chapter   |
|---------------------------------|----------------------------------------------------------|-----------|
| Tomorrow's intention setting    | Plant seeds for aligned action                           | 3         |
| Body blessing and gratitude     | Thank your vessel for carrying you                       | 6         |
| Highest self check-in           | Ask "Who was I being today? Who will I be tomorrow?"     | 1         |
| <b>Soul Blueprint alignment</b> | <b>Reflect on whether today aligned with your design</b> | <b>3</b>  |
| Forgiveness for self            | Release self-judgment about the day                      | Universal |

## TABLE 3: LIFELINE PRACTICES (Moment-to-Moment Support)

Use these practices when triggered, stuck, or needing real-time support. Choose 2-3 to master for each category relevant to your life.

### FOR TRIGGERS AND REACTIVE PATTERNS

| Practice                                         | When to Use                                                                        | Time   | Chapter   |
|--------------------------------------------------|------------------------------------------------------------------------------------|--------|-----------|
| <b>Sacred Pause</b>                              | Any moment of trigger or reactivity to create space between stimulus and response. | 30 sec | 2         |
| <b>Abiding in the Storm</b>                      | Any trigger - return to awareness observing the reaction                           | 60 sec | 2         |
| 4-7-8 Breath                                     | Immediate nervous system regulation                                                | 2 min  | 4         |
| 2+2 Emergency Breath (Yogananda's Double Breath) | Panic, overwhelm, racing heart                                                     | 30 sec | Universal |
| Witness Shift                                    | Label experience without becoming it                                               | 30 sec | 8         |
| Heart-centering breath                           | Disconnection from love, need grounding                                            | 60 sec | 4         |

### FOR RELATIONSHIPS

| Practice                   | When to Use                                              | Time    | Chapter |
|----------------------------|----------------------------------------------------------|---------|---------|
| <b>Sacred Pause</b>        | Before reacting in difficult conversation                | 30 sec  | 4       |
| <b>Relationship Mirror</b> | Feeling triggered, annoyed, or judgmental toward someone | 3-5 min | 4       |

| Practice                 | When to Use                               | Time   | Chapter |
|--------------------------|-------------------------------------------|--------|---------|
| Compassion practice      | Judgment arising toward another           | 60 sec | 4       |
| Shadow work check        | Triggered by someone, might be projection | 2 min  | 4       |
| Nonviolent Communication | Need to express needs without blame       | 5 min  | 4       |
| Conscious listening      | Someone needs to feel heard               | Varies | 4       |

## FOR WORK AND PURPOSE

| Practice                | When to Use                                   | Time          | Chapter  |
|-------------------------|-----------------------------------------------|---------------|----------|
| <b>Body Compass</b>     | <b>Before decisions, discerning alignment</b> | <b>60 sec</b> | <b>5</b> |
| Soul Blueprint check-in | Evaluating opportunities                      | 60 sec        | 3        |
| Values audit            | Feeling misaligned at work                    | 5 min         | 5        |
| Divine timing trust     | Impatient about goals manifesting             | 3 min         | 3        |
| Money energy check      | Scarcity thinking arising                     | 2 min         | 5        |

## FOR HEALTH AND BODY

| Practice                    | When to Use                                           | Time          | Chapter  |
|-----------------------------|-------------------------------------------------------|---------------|----------|
| Emotion location practice   | Feeling emotion, want to find where it lives in body  | 60 sec        | 6        |
| Shoulder Drop Midday Reset  | Holding stress in body, need tension release          | 2 min         | 6        |
| <b>Body dialogue</b>        | <b>Physical discomfort or fatigue, need to listen</b> | <b>60 sec</b> | <b>6</b> |
| Healing light visualization | Pain or exhaustion, need energy support               | 30 sec        | 6        |
| Gratitude to body           | Pushing body too hard, need to reconnect              | 30 sec        | 6        |

## FOR ENVIRONMENT & HOME

| Practice                    | When to Use                              | Time          | Chapter  |
|-----------------------------|------------------------------------------|---------------|----------|
| Energy clearing breath      | Space feels heavy or cluttered           | 60 sec        | 7        |
| Gratitude for sanctuary     | Arriving home, want to honor your space  | 30 sec        | 7        |
| 5-minute mindful declutter  | Overwhelmed by mess, need quick shift    | 5 min         | 7        |
| Values-based purchase pause | Tempted to buy, need to check intention  | 60 sec        | 7        |
| <b>Space blessing</b>       | <b>After cleaning or before practice</b> | <b>30 sec</b> | <b>7</b> |

## FOR ENERGY MANAGEMENT & CONSCIOUS CHOICE

| Practice              | When to Use                                                     | Time           | Chapter          |
|-----------------------|-----------------------------------------------------------------|----------------|------------------|
| <b>Shamanic dance</b> | <b>Midday energy dip, feeling stagnant, need vitality boost</b> | <b>3-5 min</b> | <b>Universal</b> |
| Food blessing         | Before any meal or snack, ground into gratitude                 | 30 sec         | Universal        |

| Practice                   | When to Use                                                                                                                                                                   | Time    | Chapter   |
|----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|-----------|
| Soul-elevating music       | During transitions, meals, walks to shift state                                                                                                                               | Ongoing | Universal |
| Angel vs. Troll Check      | Notice which internal voice you're listening to. The angel speaks from love, possibility, encouragement. The troll speaks from fear, limitation, criticism. Choose the angel. | 30 sec  | 8         |
| Expansion/Contraction Scan | Does this thought/conversation/media create expansion (openness, energy) or contraction (tightness, depletion)? Choose expansion.                                             | 30 sec  | 8         |
| Snake Awareness            | Negative thought spiral detected. Treat like poison - interrupt immediately with Abiding, breath, or redirection.                                                             | 10 sec  | 8         |
| Complaint redirect         | Conversation turning negative                                                                                                                                                 | Varies  | 8         |

## TABLE 4: THE THREE LENSES (For Diagnosing Plateaus)

When your practice stops working or growth stalls, use these three diagnostic lenses to identify what needs adjustment.

### LENS 1: THE ENERGY LENS

| Core Question                                       | What to Check                                                                                                             | Adjustment Examples                                                                                   |
|-----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| <b>Is this practice actually raising my energy?</b> | Notice if you feel more depleted or expanded after practice. Check if you're doing it from obligation vs. genuine desire. | Replace practices that drain you. Add movement if too sedentary. Reduce formal practice if exhausted. |

### LENS 2: THE RESONANCE LENS

| Core Question                                                        | What to Check                                                                                                                               | Adjustment Examples                                                                                                |
|----------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| <b>Does this practice genuinely resonate with my Soul Blueprint?</b> | Body Compass check: expansion or contraction? Honest assessment of whether you're doing what "should" work vs. what actually works for YOU. | Try a completely different lineage. Follow what lights you up over what looks spiritual. Trust your unique design. |

### LENS 3: THE PATTERN LENS

| Core Question                                                   | What to Check                                                                                                       | Adjustment Examples                                                                                                              |
|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| <b>What hidden belief or pattern is the plateau protecting?</b> | Notice resistance. What would shift if you practiced consistently? What are you afraid might happen if you changed? | Name the belief. Thank the protective pattern. Introduce new small action. Address underlying story with Abiding or shadow work. |

**Using the Lenses Together:**

1. Start with **Energy Lens** - If practices deplete you, nothing else matters
2. Then **Resonance Lens** - Ensure practices match your Soul Blueprint
3. Finally **Pattern Lens** - Look for hidden beliefs sabotaging progress

**Integration Timeline:** Give any adjustment one week before changing again. Plateaus require patience, not constant switching.

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## COMPREHENSIVE PRACTICE LIST BY CHAPTER

### INTRODUCTION

- No formal practices (framework setting)

### CHAPTER 1: WHO AM I REALLY?

**Guide Section Practices:**

1. **Self-Inquiry Reflection (Analytical Path)**
  - Create comprehensive list of identities
  - Question permanence of each
  - "I Am NOT That" inquiry
  - Recognize awareness as true self
  - Time: 20-30 minutes initial, 5-10 minutes ongoing
2. **Field of Love Meditation (Experiential Path)**
  - Enter circle of light
  - Feel Divine love
  - Invite others into circle
  - Send love outward
  - Time: 10-15 minutes
  - Source: Shamanic Spiritual School

**Additional Practices:**

3. **Highest Self Identity Practice**
  - Name your highest self
  - Ask: "Who am I showing up as?"
  - Ask: "What would [highest self name] do?"
  - Alternative: "I AM Love/Peace/Joy - What would Love do?"
  - Time: Ongoing awareness, 30 seconds per check-in
4. **Unity Consciousness Recognition**
  - See all people as spiritual beings
  - Practice "Tree of Life" visualization
  - Recognize shared divine essence
  - Time: Ongoing awareness

## CHAPTER 2: BEYOND MEDITATION TO ABIDING

**Guide Section Practices:**

1. **Internal Abiding (Eyes Closed)**
  - **Heart-Centered Breath:** Let attention rest in heart space, feel breath as Divine affection (5-10 min)
  - **Body Sensations as Doorways:** Notice palms, feet, tension, warmth - any sensation as access point (2-5 min)
  - **Noticing You're Noticing:** Simply recognize you're aware (ongoing)
2. **External Abiding (Eyes Open)**
  - **Visual Noticing Without Labeling:** See colors, shapes, light without mental commentary (ongoing)
  - **Awareness of Awareness:** Notice that you're noticing (ongoing)
  - **Feeling Oneness:** Can practice with eyes open or closed (ongoing)
3. **Sacred Pause (The Gateway to Abiding)**
  - **When:** The moment you feel any trigger, reactivity, or emotional charge.
  - **Step 1: Stop.** Physically pause what you are doing.
  - **Step 2: Breathe.** Take one conscious, full breath. Feel the air moving in and out.
  - **Step 3: Feel.** Drop your awareness into your body. Notice the physical sensation of the emotion (tight chest, hot face, etc.) without judgment.
  - **Step 4: Abide.** From this space of sensation, gently ask, "What is aware of this?" Rest as that awareness for one more breath.
  - **Time:** 30-60 seconds
4. **Abiding in the Storm (Real-Time)**
  - Notice emotions are temporary
  - Feel where emotion lives in body
  - Breathe into that space
  - Return attention to what's aware of the emotion
  - Recognize yourself as the eternal awareness, not the temporary feeling
  - Time: 2-5 minutes during difficulty

**Key Recognition:** Abiding is not a technique but a way of being. Any moment can be Abiding when attention rests in awareness rather than story.

## CHAPTER 3: DISCOVERING YOUR SOUL PURPOSE

### Guide Section Practices:

1. **Soul Blueprint Discovery Process (50 minutes total)**
  - **Step 1: Gather Clues (15 min)** - Generate 3 free Cafe Astrology reports: Natal Chart, Lunar Nodes, Numerology. Highlight 2-3 resonant sentences
  - **Step 2: Sacred Synthesis (15 min)** - Meditate with hand on heart, ask "What is the one core theme for me now?" Listen
  - **Optional Divine Timing Practice (3 min)** - Visualize dream as seed, surrender timing to Divine
  - **Step 3: Highest Timeline Assessment (10 min)** - Ask in prayer: "Am I living my highest timeline?" Notice expansion vs. contraction
  - **Step 4: Choose Sattvic Action (5 min)** - Pick ONE aligned action for this week
  - **Step 5: Embody and Anchor (5 min)** - Visualize taking action successfully
2. **Body Compass for Purpose Discernment**
  - Bring question to mind
  - Notice physical response: expansion = yes, contraction = no/not yet
  - Test multiple options
  - Time: 60 seconds per decision
3. **Divine Timing Trust Practice**
  - Visualize impatient desire as seed
  - Plant in fertile soil
  - Whisper: "I provide conditions - faith, action, patience. You unfold perfectly."
  - Feel relief of surrender
  - Time: 3 minutes when impatient

## CHAPTER 4: SACRED RELATIONSHIPS

### Guide Section Practices:

1. **Emotional Regulation Breathwork**
  - **4-7-8 Breath:** Inhale 4, hold 7, exhale 8 (repeat 3-4 times) - for immediate regulation
  - **Heart-Centering Breath:** Hands on heart and belly, breathe "peace in, love out" (2-3 min) - for disconnection
  - **Mantra Before Reacting:** "This friction is my curriculum. My reaction is my lesson."
  - Time: 2-5 minutes as needed
2. **Relationship Mirror Practice**
  - **When:** You feel a strong negative reaction (anger, annoyance, judgment) toward someone.
  - **Step 1: Identify the Trigger.** Name the specific behavior or trait that bothers you. (e.g., "They are so arrogant.")
  - **Step 2: Turn the Mirror Inward.** Ask yourself: "**Where am I arrogant?**" or "**When have I acted in a similar way?**" Be brutally honest. Look for the essence of the trait, not an exact replica.

- **Step 3: Find the Hidden Gift.** Ask: "How is this mirrored trait trying to serve me or protect me?" (e.g., Arrogance might mask insecurity; your own version might be a defense against feeling small.)
- **Step 4: Reclaim and Integrate.** Place a hand on your heart and say: "I reclaim this disowned part of myself. I thank it for trying to protect me. I now integrate its energy with compassion."
- **Result:** The charge around the other person dissipates, transforming judgment into self-awareness and compassion.
- **Time:** 5-10 minutes of journaling or reflection
- 3. **Shadow Work and Projection Reclaiming**
  - Name the trigger (what bothers you)
  - Find your version (where do YOU do this?)
  - Reclaim the power (own the projection)
  - Extend compassion (to both self and other)
  - Time: 10-15 minutes journaling
- 4. **Ho'oponopono Forgiveness (21-Day Practice)**
  - Visualize person
  - Repeat: "I'm sorry. Please forgive me. Thank you. I love you."
  - Feel shift in body
  - Time: 5-10 minutes daily
- 5. **Onome Connection Practice**
  - Sit in meditation
  - Invite ideal Divine counterpart
  - Feel their presence
  - Ask for support
  - Time: 10-15 minutes (Source: Shamanic Spiritual School)
- 6. **Conscious Sexuality (for partnerships)**
  - Create sacred space
  - Set intention together
  - Maintain eye contact
  - Breathe together
  - Move slowly with full presence
  - Time: Varies
- 7. **Body Compass for Boundaries**
  - Recall specific relationship
  - Ask: "Does this support my expanding peace?"
  - Feel response (expansion vs. contraction)
  - Test maintaining vs. creating distance
  - Distinguish fear from wisdom
  - Set boundary if needed
  - Time: 5-10 minutes
- 8. **Building Spiritual Community (The Satsang Search)**
  - Clarify your values (top 3-5 qualities)
  - Follow the energy (notice where drawn)
  - Show up authentically (share real experience)
  - Offer service (volunteer)
  - Be patient (commit 3 months minimum)
  - Time: Ongoing commitment

**9. Nonviolent Communication (NVC)**

- **Observation:** State what you observed without interpretation
- **Feeling:** Name your feeling without blaming
- **Need:** Identify what you need
- **Request:** Make a clear request
- Time: Practice in journaling first, then 5-10 minutes in conversation

**10. Conscious Listening (3 Levels)**

- Silent Presence: Put away phone, make eye contact, don't interrupt
- Reflective Listening: Mirror back what you heard
- Heart Listening: Tune into emotion underneath words
- Time: Varies with conversation

## CHAPTER 5: ALIGNING WORK WITH SOUL PURPOSE

### Guide Section Practices:

**1. Body Compass Exercise for Work Alignment**

- Bring current work to mind
- Notice contraction (tension, heaviness) = soul no
- Recall engaged moment
- Notice expansion (lightness, openness) = soul yes
- Journal patterns
- Time: 10 minutes

**2. 5-Minute Morning Energy Reset**

- Minutes 1-2: Focus on breath
- Minutes 3-4: Name 3 specific gratitudes
- Minute 5: Set intention ("May my work express peace today")
- Time: 5 minutes daily

**3. Values Clarification**

- Circle 5-7 essential values
- Force-rank them
- Identify #1 non-negotiable
- Ask: How does work honor/violate this value?
- Time: 15-20 minutes initial

**4. Money Energy Audit**

- Notice scarcity language
- Feel money as flowing energy vs. scarce resource
- Practice: "Thank you money for flowing to and through me"
- Identify one money story to release
- Time: 10 minutes journaling

**5. Soul Timeline vs. Ego Timeline Check**

- Ask: "Am I forcing this or allowing it?"
- Body Compass: Does rushing create expansion or contraction?
- Practice patience with Divine timing
- Time: 2-3 minutes when feeling impatient

## CHAPTER 6: YOUR SACRED BODY

### Guide Section Practices:

1. **Three Pillars Foundation Practice**
  - **Mind:** Practice radical self-compassion ("I am doing the best I can")
  - **Body:** Move, nourish anti-inflammatory, rest
  - **Soul:** Morning body blessing with hands on heart and belly, gratitude, forgiveness, divine connection, healing light
  - Time: 5-10 minutes morning blessing, ongoing lifestyle
2. **Daily Energetic Hygiene Protocol**
  - **Morning Clearance (5 min):** Body scan, 10 releasing breaths, ask what body needs
  - **Midday Reset (2 min):** Shoulder drop, emotion location practice, breathe into tension
  - **Evening Release (10 min):** Emotional inventory, body dialogue, healing light, gratitude/forgiveness
  - **Weekly Deep Clearing (20 min on rest day):** Create sacred space, full body scan, dialogue with each area, healing visualization, gratitude ritual
3. **Emotion Location Practice**
  - When triggered, ask: "Where do I feel this in my body?"
  - Place hand on that location
  - Breathe into area until it softens
  - Time: 2-5 minutes as needed
4. **Body Dialogue for Sacred Partnership**
  - Place hand on area of tension/pain
  - Ask: "What emotion are you holding?"
  - Ask: "What do you need me to know?"
  - Listen without judgment
  - Thank body for message
  - Time: 3-5 minutes
5. **Sacred Vessel Purification (Weekly)**
  - Create sacred space (candle, music, nature)
  - Full body scan
  - Dialogue with each body area
  - Healing light visualization
  - Gratitude ritual to body
  - Time: 20 minutes on rest day
6. **Anti-Inflammatory Lifestyle Practices**
  - Nutrition: Whole foods, eliminate processed foods, reduce sugar
  - Movement: Daily gentle exercise, shamanic dance
  - Rest: 7-9 hours sleep, honor rest days
  - Time: Ongoing lifestyle
7. **Reiki Self-Treatment**
  - Hand positions on body
  - Channel healing energy
  - Clear energetic blockages
  - Time: 20-60 minutes (requires Reiki training)

## 8. Shamanic Protection Practices

- Sampo System or similar daily protection
- Energy boundary setting
- Clearing negative influences
- Time: 5-10 minutes daily (Source: Shamanic Spiritual School)

## CHAPTER 7: SACRED SPACE

### Guide Section Practices:

#### 1. Four-Phase Home Integration Process

##### Phase 1: Psychological Awareness (Ongoing)

- Notice consumption patterns
- Practice "noble boredom" - sit with urge to buy without acting
- Identify emotions driving accumulation

##### Phase 2: Emotional Pattern Work

- Journal: What does clutter/consumption help me avoid?
- Practice self-compassion for emotional drivers
- Address root needs directly

##### Phase 3: Values-Based Curation

- Clarify top 5 values
- Audit possessions against values
- Keep only what aligns or serves

##### Phase 4: Physical Space Creation

- One room or corner to start
- Natural light and living elements
- Clear pathways and command positions
- Beauty that resonates with YOU

#### 2. Sacred Space Clearing Process

- **Prepare:** Shower, set intention, gather tools (candle, bell, or voice)
- **Center:** Light candle in central area, state intention for energy
- **Clear:** Walk clockwise, clap in corners and doorways to break up stuck energy
- **Seal:** Make infinity symbol at each doorway
- **Invite:** Second clockwise journey, ring bell/sing/speak positive qualities
- Time: 30-60 minutes (do seasonally or as needed)
- Alternatives to sage: Sound clearing, singing, speaking intentions

#### 3. 5-Minute Mindful Declutter

- Set timer for 5 minutes
- Choose one surface or drawer
- Keep/donate/discard decisions quickly
- Notice emotional resistance
- Celebrate progress
- Time: 5 minutes when overwhelmed

4. **Values-Based Purchase Pause**
  - Before buying, ask: "Does this align with my top values?"
  - Body Compass check: expansion or contraction?
  - Wait 24 hours for non-essentials
  - Time: 60 seconds before purchases
5. **Space Blessing**
  - After cleaning or before practice
  - Stand in center of space
  - Place hands on heart
  - Speak gratitude and intention aloud
  - Visualize light filling space
  - Time: 30-60 seconds
6. **Feng Shui Basics for Energy Flow**
  - Clear doorways and pathways
  - Command position for bed/desk (see door while seated/lying)
  - Add living elements (plants, natural light, water)
  - Create visual harmony
  - Time: One-time setup, maintain ongoing

## CHAPTER 8: YOUR DAILY PRACTICE TOOLKIT

**All practices from Chapters 1-7 are referenced in the Anchors and Lifelines framework. Chapter 8 teaches HOW to structure them but doesn't introduce new practices except:**

1. **Bestie Breathing Meditation**
  - Rest in intimate relationship with Divine as best friend
  - Feel cherished and loved
  - Practice gratitude for closeness
  - Time: 5-10 minutes before sleep
  - Story: Name "Bestie" came in meditation, confirmed by Aama at NAMA Ashram as Jesus wanting to be best friend
2. **The Three Lenses Diagnostic**
  - Energy Lens: Is this raising my energy?
  - Resonance Lens: Does this resonate with my Soul Blueprint?
  - Pattern Lens: What hidden belief is the plateau protecting?
  - Time: 10-15 minutes when stuck
3. **Practice Selection Process**
  - Choose practices that create expansion in your body
  - Build morning anchor (devotion + awareness + action)
  - Build evening anchor (release + receive + integrate)
  - Select 2-3 lifelines per life area
  - Review and adjust monthly
  - Time: 30 minutes initial setup, 5 minutes monthly review

## QUICK START GUIDE

### Building Your Morning Anchor (15 minutes):

1. Scan **Devotion column** → Choose what draws you
2. Scan **Awareness column** → Choose what you need
3. Scan **Action column** → Choose what grounds you
4. **Total time: 15 minutes (5+5+5)**

### Building Your Evening Anchor (10-15 minutes):

1. Choose 1 Release practice (3-5 min)
2. Choose 1 Receive practice (4-5 min)
3. Choose 1 Integrate practice (2-3 min)
4. **Total time: 10-15 minutes**

### Choosing Your Lifelines:

1. Identify your biggest current challenge (Triggers? Relationships? Work? Body? Home? Energy/Choice?)
2. Find that section in Table 3
3. Choose 2-3 practices from that category
4. Practice them consistently until second nature
5. Remember you do not need to master all of them at once. Start with one that feels most accessible.

### When You Feel Stuck:

1. Go to Table 4: Three Lenses
2. Ask yourself each core question
3. Use the "What to Check" column to diagnose
4. **Select one adjustment from the 'Adjustment Examples' that resonates most.**
5. Give it one week before changing again

**Remember:** You're not collecting practices like spiritual merit badges. You're curating the essential ones that genuinely resonate with your Soul Blueprint. Follow your energy. What creates expansion in your body? Those are YOUR practices. Let everything else go without guilt.

## 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.