

**EXPANDING**

**PEACE**

**Sacred Pause Journal**



**VICKI MORRIS**

The Spiritual Synthesizer™



EXPANDING PEACE  
Becoming Love in Action™

## Sacred Pause Mini-Integration Journal

*A 5-minute daily space to remember who you are and live your peace.*

### How to Use Your Sacred Pause Mini-Journal

This journal is your companion for experiencing a Sacred Pause. Use it to notice, anchor, and embody the peace already within you. No rules. Just presence. Write what feels real in the moment.

Daily Reflections

Deeper Reflections

*“Your peace expands with each remembrance.”*  
— Vicki Morris | The Spiritual Synthesizer™

# Daily Reflections: Your Sacred Pause Today

1. What emotion or energy am I feeling right now?

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2. Which Sacred Pause card or practice am I using?

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3. What shifted in my body or heart?

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4. What truth or phrase feels alive right now?

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5. How can I carry this peace into my next action?

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*"Peace expands with each remembrance." — Vicki Morris | The Spiritual Synthesizer™*

# Deeper Reflections: Integration in Motion

1. What patterns am I noticing in how I lose and find peace?



2. What helps me return to my center most easily?



3. Where am I still seeking instead of living?



4. What one small action would embody peace this week?



*"Peace expands with each remembrance." — Vicki Morris | The Spiritual Synthesizer™*

# Next Steps on Your Journey

*“Integration begins with remembering that peace that is already within you.”*

To continue your journey, read *Expanding Peace: Becoming Love in Action™* - the foundational wisdom of embodying peace daily at [ExpandingPeace.com/book](https://ExpandingPeace.com/book)

Or, to learn more about the Expanding Peace Integration Method™ (Remember, Align, Become) and our core offerings, visit [ExpandingPeace.com/spiritual-path](https://ExpandingPeace.com/spiritual-path)



*“The door is open. Your peace awaits within.”* – Vicki Morris | The Spiritual Synthesizer™