

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?



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



3. What shifted in my body or heart?



4. What truth or phrase feels alive right now?



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



"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?



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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

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



"The door is open. Your peace awaits within." — Vicki Morris | The Spiritual Synthesizer™