

EXPANDING PEACE

Resource Series

Core Teaching & Origins



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The Spiritual Synthesizer™ | ExpandingPeace.com

Appendix B: Teachings & Origins

This book is the result of a sacred synthesis: weaving profound wisdom from realized masters with practical frameworks and tools tested in the crucible of modern life. To honor these sources with absolute clarity and deep reverence, this appendix serves as your guide to the origins of every major teaching presented here.

Why These Origins Matter to You

Understanding where a teaching comes from helps you:

- **Deepen Your Practice:** Connect with the pure, potent source of each practice for more powerful results.
- **Find Your Path:** If a specific teaching resonates, you can explore its parent tradition more deeply.
- **Trust the Synthesis:** See how diverse wisdom streams can be woven into a coherent, personalized path for embodied awakening.

The following tables distinguish the eternal wisdom from the lineages I honor from the practical tools I developed as The Spiritual Synthesizer to make this wisdom accessible and actionable for your life.

Knowing the roots of a practice isn't about dogma - it's about power and clarity. Understanding where a teaching comes from helps you be an empowered curator of your own spiritual synthesis.

Part 1: Timeless Wisdom from My Teachers

This section honors the pure, potent sources of the eternal wisdom transmitted in this book. Connecting with these roots can deepen your practice and empower your journey.

CHRISTIAN MYSTIC CORE TEACHINGS (Aama + Nama)

These profound contemplative teachings on abiding in divine presence and soul transformation were shared with me during my time studying Christian mysticism. I am deeply grateful for permission to include these core concepts, which beautifully complement the shamanic path and demonstrate how truth flows through many streams.

Teaching	What It Offers
Abiding	Being One with God in every moment - not meditating on God but feeling connected to God
Ananda ("no needness")	The state of eternal contentment where you need nothing because you ARE everything
Soul Polishing	Understanding relationships as sacred friction that refines your capacity for love

Teaching	What It Offers
Whose Am I?	Realizing you didn't create yourself, and getting in touch with the God who did. This inquiry goes deeper than 'Who Am I?'

SHAMANIC SPIRITUAL SCHOOL CORE TEACHINGS

The Shamanic Spiritual School is an ancient global lineage with deep roots in Central Asia and Tibet, endorsed by the Dalai Lama, Pope Francis, and Ram Dass. Perhaps the ultimate spiritual synthesis school, it integrates hundreds of the world's most effective tools from diverse traditions including pranayama from India, energy practices from Japan, shamanic rituals from Central Asia and Tibet, and more.

For over 35 years, my Guru and Mentor Shaman Abhay Oyun has guided thousands across 36 countries on what is considered one of the fastest paths for spiritual acceleration. The School teaches that we are all on Earth to grow spiritually and help others, offering a comprehensive framework spanning nine areas of life through the Flower of Life system. The teachings below represent some of the core practices I share from this extraordinary lineage.

Teaching	What It Offers
Sampo System	Consciousness-raising Katas (movement and mantra practices) including energy field protection (like astral karate)
Flower of Life	Spiritual courses for embodied practice across 9 areas of life
Field of Love	Co-creating with Divine energy for personal and planetary healing
4-Elements Shamanic Dance	Movement practice using four songs (earth, fire, water, air) for raising energy and spiritual awakening
Onome (Divine Partner)	Connecting with your ideal in the subtle realm first
Hurai Mangalam	Celebrating every moment you pull attention from dense to Real
Angel vs. Troll	Distinguishing between expansive (angel) and contractive (troll) thoughts and guidance
Fate + Free Will	Your soul chose the curriculum; you choose how to learn it

Note: These represent practices I share in this book. The Shamanic Spiritual School offers hundreds of additional teachings and practices.

To Deepen Your Practice With the Shamanic School

The teachings in the tables above are gifts from profound living traditions. If a specific path resonates with you, you can explore it further through the official channels below. These are the most direct ways to connect with the pure streams of wisdom.

- **Shamanic Spiritual School:** To learn more about the Sampo System, Field of Love, and other shamanic practices, please visit Shaman Abhay Oyun's website at www.abhayoyun.org and the Shamanic Spiritual School's Youtube channel at www.youtube.com/@Esotericchannel

Part 2: Your Basecamp Guide: The Expanding Peace Integration Method & Toolkit

This section details the core of my work as The Spiritual Synthesizer: the *Expanding Peace Integration Method* and its eight unique Integration Tools. This is a complete system for practical spiritual integration, designed to guide you from remembering your true nature to becoming love in action.

These are not theoretical frameworks, but practical spiritual aids tested in the challenges of modern living. From these eight tools, you will learn to build your own personalized **Integration Toolkit** - a curated set of Anchors and Lifelines that form a sustainable, daily rhythm for your unique journey.

MY SYNTHESIZED INTEGRATION TOOLS

Tool	What It Offers
Sacred Pause	A immediate cognitive-somatic practice to stop reactivity and reconnect with your inner peace. This is your real-time tool for Remembering Who You Are.
Soul Blueprint	A synthesized process (drawing on astrology, numerology and life review) to clarify your unique soul purpose, helping you co-create an optimal destiny.
Relationship Mirror	A practical way to use challenging relationships as opportunities for growth, turning conflicts into lessons for healing and deeper connection.
Inspired Work	A guide to align your career and finances with your soul's calling, creating meaningful work and healing stress around money.
Radiant Wellness	Simple practices to care for your body as a sacred partner, combining practical health awareness with spiritual self-care.
Home Sanctuary	Easy steps to create a home environment that actively supports your peace and reflects your highest self.

Tool	What It Offers
Anchors & Lifelines	A simple system for building sustainable spiritual habits (Anchors) with quick "rescue practices" (Lifelines) for difficult moments.
Happy Habits	A practical method to weave all these tools into automatic daily habits, making spiritual integration effortless and lasting.

This synthesis is offered with a single purpose: to provide you with practical integration tools for your journey from knowing to living. These aids are meant to be used and adapted by you. Let your own lived experience be your guide as you find what works for your life.

NEXT STEPS

Thank you for practicing Expanding Peace.

Continue your journey at ExpandingPeace.com/resources
or receive weekly inspiration at ExpandingPeace.com/integration-kit

✨ May your expanding peace become love in action.