

EXPANDING

PEACE

Resource Series

**Additional
Resources & Communities**



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The Spiritual Synthesizer™ | ExpandingPeace.com

Resources & Community

This appendix provides curated external resources to support your practice journey. Most resources listed here are freely available and align with the practical spirituality approach of this book. Use what resonates, explore what calls to you, and remember that your inner wisdom is always your ultimate authority.

How to Use This Guide:

This appendix provides external resources to support the practices found in the **Practice Quick Reference Guide**. Use it to find guided audio, deeper teachings, and community connections for the techniques you are exploring.

FREE GUIDED PRACTICES BY CATEGORY

All links are to free, high-quality resources that align with this book's teachings.

ENERGY PRACTICES

- **Reiki:** A comprehensive resource for free Reiki training is available at <https://loveinspiration.org.nz>
- **Ho'oponopono Meditation:** A simple, guided practice to support the 21-day forgiveness work. [<https://www.youtube.com/watch?v=INeiLi882MU>]

BREATHWORK & IMMEDIATE SUPPORT

- **4-7-8 Calming Breath (Dr. Andrew Weil):** For a guided version, see: <https://www.youtube.com/watch?v=9XQqoYwMtcA>
- **2+2 Emergency Breath (Yogananda's Double Breath):** <https://www.youtube.com/watch?v=i6cWa5OOMaM>
- **Alternate Nostril Breathing (Nadi Shodhana):** A clear tutorial can be found here: <https://www.artofliving.org/meditation/breathing-techniques/alternate-nostril-breathing-nadi-shodhan-pranayama>

BODY & MOVEMENT PRACTICES

- **Gentle Yoga (Yoga with Adriene):** A foundational practice for beginners: <https://www.youtube.com/watch?v=v7AYKMP6rOE>
- **Somatic Meditation & Support:** Connect with Kristina Armenakis at <https://www.meetup.com/somatic-transformation/>

RELATIONSHIP & COMMUNICATION TOOLS

- **Nonviolent Communication (NVC):** For the official "Feelings and Needs Inventories" and other free resources, visit The Center for Nonviolent Communication at <https://www.cnvc.org/learn/resources>.

- **"Tiny Habits" Method:** For BJ Fogg's free 5-day program and the "Behavior Model" cheat sheet, visit <https://tinyhabits.com/>.

WISDOM LINEAGES & COMMUNITIES

- **Ananda Church of Self-Realization:** <https://www.ananda.org> - Offers free online services and meditations based on Yogananda's teachings.
- **East West Bookshop:** <https://www.eastwestbookshop.com> - Hosts free lectures and community events (Mountain View, CA & Seattle, WA).

RECOMMENDED READING

For deeper exploration of concepts in Expanding Peace.

- **The Kybalion** by Three Initiates (Hermetic Principles)
- **Autobiography of a Yogi** by Paramahansa Yogananda
- **The Power of Now** by Eckhart Tolle
- **Astrology for the Soul** by Jan Spiller
- **Happy Money** by Ken Honda

Full citations are in the References section.

JOIN THE EXPANDING PEACE COMMUNITY

ExpandingPeace.com

Visit the Expanding Peace website to:

- Access additional resources and guided practices
- Join a community of sincere seekers integrating spiritual wisdom into daily life
- Receive updates on workshops, retreats, and offerings
- Share your journey and learn from others walking this path

Connect with Vicki Morris, The Spiritual Synthesizer:

- Website: www.expandingpeace.com
- For speaking engagements, workshops, or spiritual guidance inquiries

New to the Practices? If you're unsure where to begin, the **Quick Start Guide** at ExpandingPeace.com/resources will help you build your first daily Anchors and choose your core lifeline practices.

A NOTE ON USING THESE RESOURCES

Follow Your Energy

You don't need to explore every resource listed here. Let your intuition guide you to what resonates. If a practice, teacher, or tradition lights you up—that's your soul saying "yes." If something feels forced or inauthentic, honor that and move on without guilt.

Quality Over Quantity

The Spiritual Synthesizer approach isn't about collecting practices from every tradition. It's about curating the essential ones that genuinely serve your unique Soul Blueprint. A few practices done with devotion, awareness, and embodied action will transform your life more than dozens of practices done from obligation.

Your Inner Authority

These resources are offerings, not prescriptions. Your direct experience is always more authoritative than any external teaching. Use these resources to support your practice, but never let them replace your own inner knowing.

Freedom & Accessibility

All resources in this appendix are freely available because spiritual wisdom should be accessible to all sincere seekers. If you encounter paid content that serves you deeply, honor the teachers by supporting their work. But know that your expanding peace doesn't require expensive courses, exclusive retreats, or guru dependency. Your practice, your presence, and your sincere heart are enough.

Your expanding peace is the gift our world needs. Thank you for walking this path with courage and sincerity.