

# EXPANDING PEACE

## Summer of Becoming Workbook



**VICKI MORRIS**

The Spiritual Synthesizer™ | [ExpandingPeace.com](https://ExpandingPeace.com)



# The Summer of Becoming

## A 6-Event, 10-Week Journey of Returning to Yourself

First, you become aware (June). Then you become clear (July). Then you become free (August)

You don't need to try harder. You need to stop leaving yourself behind.

*Before you begin...*

This workbook is not another thing to do. It's a place to land.

You don't need to complete every page. You don't need to do it perfectly. You just need to show up—when you can, as you are—and let the journey hold you.

Each movement opens with a reflection. Each event has a practice. Between events, there are blank pages for whatever wants to surface.

There's no wrong way to use this. Take it slowly and gently.

Welcome home.

**Vicki Morris**

*The Spiritual Synthesizer* | Expanding Peace: Becoming Love in Action™

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## MOVEMENT 1: BECOMING AWARE (June)

### *Where did I leave myself?*

You cannot come home until you know where you left.

June is not about fixing. It's not about changing. It's about seeing. Gently. Honestly. Without judgment.

What if the exhaustion you've been carrying isn't because you're doing something wrong—but because you've been abandoning yourself in ways you haven't noticed?

This month, we simply look.

## Reflection Before We Begin



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Sit quietly for a moment. Hand on your heart if that feels right.

Ask yourself:

*In what area of my life do I feel the most exhausted right now?*

Not what you *should* say. What's actually true.

Write what comes:

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*If that exhaustion could speak, what would it say?*

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*What's one word for where you are right now?*

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There's no right answer. Just honesty.

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## EVENT 1 HANDOUT: Self-Abandonment Inventory

*A gentle excavation, not a self-flagellation.*

### Part 1: In Relationships

- When was the last time I said "yes" when I really wanted to say "no"?

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- Who in my life do I shrink around?

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- What do I want that I'm not asking for?

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### Part 2: In Daily Life

- When do I ignore my own tiredness and keep going?

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- What do I do for others that I never do for myself?

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- Where do I pretend I'm fine when I'm not?

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**Part 3: In My Own Soul**

- When did I last feel fully like myself?

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- What did I love doing that I stopped?

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- If I wasn't performing for anyone, who would I be?

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*Pick one answer from above. That's where you start. Write it here:*

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*One small thing you can do this week to come home to that part of yourself:*

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## **Movement 1 Reflections**

What have I noticed since the last gathering?

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Where am I still struggling to see clearly?

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What's one tiny shift I've already felt?

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## EVENT 2 NOTES PAGE: Questions We Sat With

During the Q&A, you may have heard something that landed. A question someone asked. An answer that surprised you. A thought that surfaced in the quiet.

Use this page to capture whatever wants to be remembered.

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What question surprised me during the Q&A?

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One question I'm still sitting with and how my inner GPS or Spirt responds?

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What am I learning about who I'm becoming?

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## MOVEMENT 2: BECOMING CLEAR (July)

*What needs to be released?*

Every "no" to what drains you is a "yes" to what fills you.

July is about clearing the way. Not by force. By choice. By noticing what's no longer yours to carry—and gently, lovingly, setting it down.

This is not rejection. This is making space.

*Page 2:*

### **Reflection Before We Begin**

Recall one thing that feels heavy right now. A commitment. A pattern. A belief. A relationship.

Write it here:

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Now ask yourself:

*What would it feel like to set this down—just for a moment?*

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*What am I afraid would happen if I released it?*

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*What might be possible on the other side of that fear?*

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You don't have to release anything today. Just notice what's ready.

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## EVENT 3 HANDOUT: The Sacred "No" Practice

**Step 1: Take an inventory of your current "yeses."**

List 5 things you said yes to in the last week:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Circle ones you wanted to do. Underline the ones you did out of obligation.

**Step 2: For each underlined "yes," ask:**

- What was I afraid would happen if I said no?

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- Whose approval was I trying to keep?

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- What did saying yes cost me (energy, time, peace)?

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**Step 3: Practice a soft "no" this week.**

Script: *"I need to pass on that right now. Thank you for thinking of me."*

No over-explaining. No apology. Just the no.

**Step 4: Notice what happens.**

Who stays? Who reacts? What do you feel?

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*Write it down. That's your data.*



## EVENT 4 HANDOUT: The Receiving Practice

*What if you didn't have to earn it?*

### Part 1: Your Performance Patterns

- Where do I feel like I have to "earn" love or approval?

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- What happens when I receive a compliment? (Deflect? Explain? Shrink?)

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- When was the last time I let someone take care of me without me taking care of them back?

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### Part 2: The Receiving Visualization

Close your eyes. Imagine someone you trust (or a warm presence, or simply a version of the Divine that feels safe to you) looking at you with soft eyes.

What do you feel in your body?

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### Part 3: One Receiving Practice for This Week

The next time someone offers you help, a compliment, or a gift, say only:

*"Thank you. I receive that."*

No deflecting. No explaining. No giving back immediately.

Just receive.

*Notice what comes up. That's the work.*

Write what you notice:

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## Movement 2 Reflections (July)

What have I said "no" to this week that I would have said "yes" to before?

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What did that cost me? What did it free?

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What have I allowed myself to receive?

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Where did I notice myself performing instead of just being?

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What's one tiny shift I've already felt?

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## MOVEMENT 3: BECOMING FREE (August)

*What if I just let myself come home?*

What if becoming isn't about adding more—but letting go of who you're not?

August is about surrender. Not giving up. Getting out of your own way. Trusting that what's trying to leave is making room for what's trying to arrive.

You don't have to control everything to be safe.

Page 2:

### Reflection Before We Begin

Look back at the Summer so far.

*What have you seen about yourself that you hadn't seen before?*

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*What have you released—even a little?*

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*What's still trying to leave?*

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*What's trying to land?*

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You're not who you were in June. That's the whole point.

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## **EVENT 5 HANDOUT: The Eclipse Release Ritual**

*(To be used during or after the August 12 eclipse workshop)*

### **The Eclipse Release Ritual**

*Not giving up. Just getting out of your own way.*

#### **Step 1: Name what's not yours to carry.**

- Whose expectations?

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- Whose timeline?

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- Whose definition of success?

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#### **Step 2: Name what you've been forcing.**

- Where have you been pushing a door that won't open?

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- What would happen if you stopped trying to make it happen?

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**Step 3: Name what's trying to leave.**

- A relationship? An identity? A belief about yourself?

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- What if that ending is a clearing?

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**Step 4: The Release (write or whisper)**

*"I release the need to control what I cannot hold. I trust what is trying to find me. I am becoming, even in the unknown."*

Write it again here, in your own hand:

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*Put this somewhere you'll see it this week. Let it sit.*

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## **EVENT 6 HANDOUT: The Becoming Harvest**

*(To be used during or after the August 26 closing circle)*

### **The Becoming Harvest**

*Look back so you can step forward.*

#### **Part 1: What I Retrieved (June - Becoming Aware)**

- What piece of myself did I find again?

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- Where did I stop abandoning myself?

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#### **Part 2: What I Released (July - Becoming Clear)**

- What did I finally say "no" to?

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- What did I let myself receive without earning?

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**Part 3: What I'm Becoming (August - Becoming Free)**

- Who am I now that I wasn't in June?

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- What's still emerging?

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**Part 4: What's Next (Optional)**

- If you're curious about going deeper this Fall, what's one question you have? I really want to know. Please email me at [vicki@expandingpeace.com](mailto:vicki@expandingpeace.com)

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- If you are interested in joining the Pattern Release waitlist, please sign up at <https://expandingpeace.com/pattern-release>

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## CLOSING LETTER FROM ME TO YOU

Dear one,

You made it through the Summer. Not because you tried harder. Because you stopped leaving yourself behind.

Look at who you've become. Not a new person. The person you always were—just more of her or him. More present. Clearer. Freer.

This is what I mean when I say *Becoming Love in Action*. Not a destination you arrive at. A quality you keep turning toward. Until one day you realize it's been living through you all along.

You're not done. None of us are. But you're further along than you were in June. And that's worth celebrating.

Thank you for letting me hold this space for you. It's an honor to walk this path together.

With peace,

**Vicki Morris**  
*The Spiritual Synthesizer™*

[ExpandingPeace.com](https://ExpandingPeace.com)

[The Expanding Peace Book on Amazon](https://www.amazon.com/dp/B000000000)



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