

A sacred breath. A mindful moment. A pause that matters.

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Sacred Pause Newsletter

Dear ,

Welcome to your *Sacred Pause*. This is more than a newsletter — it's an invitation to slow down, breathe, and reconnect with the wisdom already within you. Each week offers a gentle insight, a sacred action, and an image drawn from spiritual and ancestral traditions to support your journey.

Each month centers around a unifying theme. These pauses are meant to be returned to daily — not as tasks, but as quiet touchpoints to help you reflect, realign, and reconnect.

Take what resonates. Move at your own pace. Trust your intuition.

Let this moment of stillness ripple outward

Share it with someone who may need their own *Sacred Pause* today.

Share With a Friend

This Month's Theme:



Joy isn't always loud or exuberant — often, it arrives quietly, uncovered in the spaces we clear and the moments we truly notice. This month, we'll explore how joy is revealed not by adding more, but by releasing what no longer serves, embracing simplicity, and softening into life as it is — opening to the small, sacred moments it offers. Through this month's *Sacred Pauses*, you'll be invited to set down old weight, honor the ordinary as sacred, and welcome both light and shadow as part of life's experience. Joy, after all, isn't something to chase — it's what rises when we make room to receive it.

Upcoming Themes: Stay tuned for upcoming monthly themes: shadow work, gratitude, reflection, presence, love, grounding, awakening, balance, healing, forgiveness ... and so much more.



Image: Sacred drum, feather, sage bundles, and healing stones.

Let this be a visual anchor for your *Sacred Pause*.

*“Today is the day to let go of things
that no longer serve you.”*

This Week's Sacred Pause

☀ Joy is not always in what we hold, but in what we **finally set down**.

🪨 Choose a small object to represent what you're ready to release — a stone, a scrap of paper, a broken item, or a token.

👉 Hold it for 5 minutes and feel its weight as the essence of what you've been carrying.

👁 Place it out of sight for 24 hours.

❓ When you return, ask: *Am I still willing to carry this or is joy waiting for me to let it go?*

🔥 If not, bury it, burn it, or return it to nature — whisper a little statement of gratitude for the lesson it carried.

💜 When letting go, each release clears a pathway for joy to breathe through you.

✨ If you're not quite ready to set down what you're holding, try this practice every day this week and notice if the energy shifts and, by the end of the week, you're ready.

Need Gentle Guidance? [Schedule an Appointment](#)

If you feel called, I offer one-on-one spiritual direction, discernment, and shamanic sessions to support your journey.

Explore Services

Alternate Stillness Practice: [Joy](#)

Not every pause needs action. If this week's practice feels heavy, simply stay with the quote or image. Let it create space — a gentle place where joy can rise without effort.

Or let your attention return to a previous week's *Sacred Pause*, gently waiting in the [Back Issues Archive](#) — still carrying a spark meant just for you.

Deepening Your Practice

Here are a few ways to carry this week's *Sacred Pause* into your daily rhythm:

- ✦ [Phone Lock Screen](#): Carry this week's reflection and practice on your phone.
- ✦ [Guided Meditations](#): Deepen into the theme with binaural beats journeys.
- ✦ [Back Issues](#): Revisit past *Sacred Pauses* whenever you feel called.

With Gratitude

Your presence matters. If this week's *Sacred Pauses* offered something meaningful — a shift, a breath, a moment of clarity, a return to self, a spark of intuition, or a soft sense of healing — and you'd like to support future pauses, here's one small way — ☕☕:

Buy Me A Coffee

Your support is deeply appreciated. ❤️

How are Sacred Pauses Showing Up For You?

I'd love to hear how the *Sacred Pauses* are unfolding in your life. Have they brought you guidance, peace, clarity, stillness, or a new perspective? Have they helped you find answers, solutions, or moments of healing? Your reflections help shape what I create next — guiding future themes and offerings.

Share Your Experience

May today's *Sacred Pause* be a thread of joy — woven into your breath, your stillness, your being.

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The **Living Sacred Path** is a journey of presence, connection, and honoring the wisdom of the soul.



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