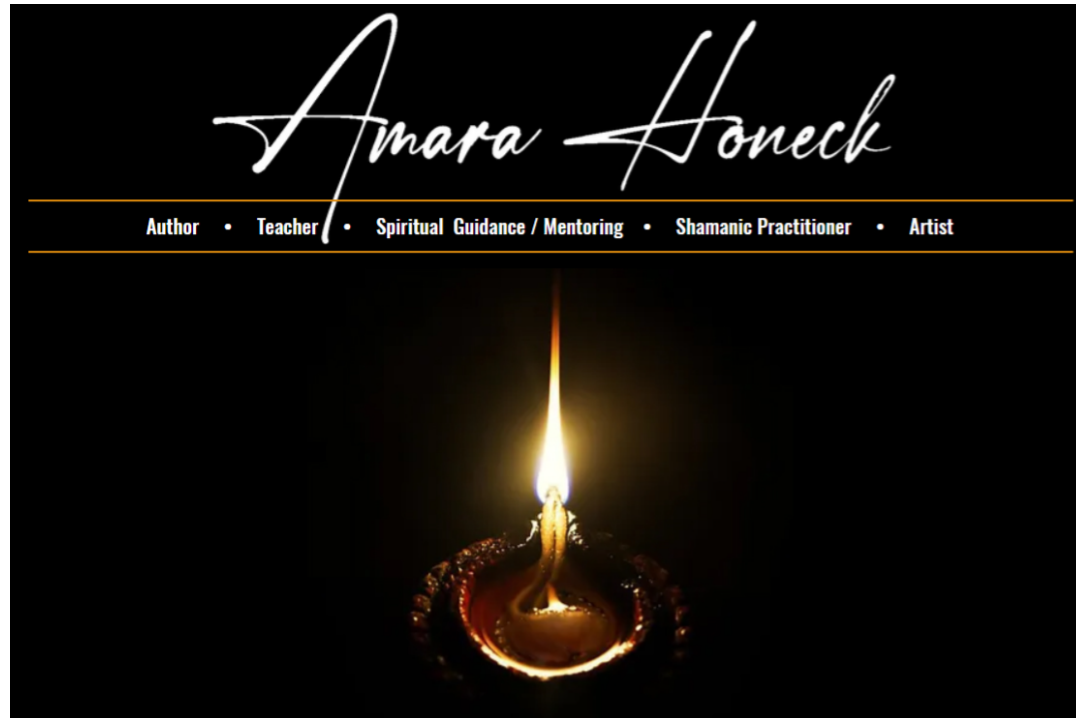


A sacred breath. A mindful moment. A pause that matters.

[View in browser](#)



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:

🌿 **Shadow Work** 🌿

Shadow work isn't about chasing away the dark, but learning to meet it with gentleness. Our hidden parts — the emotions, fears, and stories we've tucked away — carry wisdom when we dare to listen. This month, we'll explore the quiet courage it takes to sit with what's uncomfortable, to honor the parts of ourselves that have long been waiting for our presence. Through October's *Sacred Pauses*, you'll be invited to soften into self-compassion, notice where old patterns arise, and open space for healing light to emerge from the shadows. Shadow work, after all, isn't about fixing what's broken — it's about remembering the wholeness that has been here all along.

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



Image: The Chartres Cathedral labyrinth in France, a 13th-century path of prayer and pilgrimage, invites us to walk slowly inward — not to get lost, but to return to center.

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

***“The critic within is often a wounded guardian.
Listen with compassion, not fear.”***

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. ❤️

A Little Something Extra: Shadow Work Journaling Pages

In addition to the *Deepening Your Practice* resources a few sections below, I created a little something to accompany this week's *Sacred Pause* — a way to meet your inner world with curiosity and presence.

As part of my upcoming *Living Sacred* collection, I'm sharing two of my favorite ***Sacred Pause Journaling Pages*** — a quiet space to explore what's asking to be seen (and maybe even healed).

These pages are designed to guide you through this week's reflection on the inner critic — that wounded guardian who only ever wanted to keep you safe. I invite you to pour a cup of tea, download, print, and spend a few moments each day with one of the journaling prompts.

Download Journaling Pages

Pause With Me ...

Each day this week, I invite you to:

- 🌸 Sit quietly and place a hand over your heart.
- 🌀 Inhale slowly and ask: "*What are you trying to protect me from?*"
- 👤 Imagine your inner critic answering — not as a bully, but as a scared or wounded guardian.
- ✨ Listen with an open mind and heart.

✍️ When you're ready, write down what you perceived.

💖 Consider ending by saying aloud: *"Thank you. I'm listening now, with love."*

Let your reflections unfold throughout the week on the *Sacred Pause* Journaling Pages — a space to perceive, write, and honor what's ready to be seen.

Alternate Stillness Practice: Shadow Work

Not every pause needs action. If this week's practice feels tender or stirring, simply stay with the reflection quote or image above. Let it create space — a soft place where shadow can be seen without pressure to change.

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

Resources for 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.

May today's *Sacred Pause* be a thread of healing — woven into your breath, your stillness, your being, as you honor what has been hidden.

Amara



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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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