



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.

Remember, our goal within the *Living Sacred Path* is not perfection or constant calm, but connection – to our higher wisdom, to the rhythm of our lives, and to the truth that already lives within us. Each *Sacred Pause* is a moment to listen, discern, and honor what is real for you.

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:

 **Presence** 

Presence, as I'm holding it this month, is the devotion of the soul to the moment before it unfolds. It asks nothing of us except honesty – a willingness to stay, to sit in stillness for a few moments. In a world that is constantly trying to pull us in different directions, presence gently returns us to the "now," where nothing needs to be resolved and nothing is missing. Here, even the most ordinary moments become sacred simply because we have chosen to notice them.

Upcoming Themes: Love, grounding, awakening, balance, healing, forgiveness, soul connection, adaptation, compassion, curiosity, flow state, intuition, resilience, authenticity, mysticism, unity, devotion ... and so much more.



Image: Indian oil lamp (diya), symbol of light, renewal, and sacred presence

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



*"The gift of presence is that we can begin again —
not by starting over, but by simply continuing,
here in this moment."*

Appointments: January

As the new year begins, I'm making a few gentle changes — to better support you, and to honor my own need for more stillness. This quieter pace gives me the space to write, create sacred products (coming soon!), and develop offerings that feel more aligned and intentional.

If you are a current monthly spiritual direction client, you've already received an email and we've spoken personally about these changes. If you have any questions or need clarification, please feel free to reach out.

For those seeking **spiritual direction, shamanic healing, or discernment support**, I'm now offering these services through a revised format housed under my **One Question** service on my website.

Over time, many of you have shared that when support is needed, waiting several weeks for an appointment opening can feel difficult — sometimes even discouraging. This updated format allows me to respond more quickly and thoughtfully, offering guidance and healing in a way that meets the moment you're actually in.

Guidance and healing will be offered through written and recorded video responses, rather than live sessions. This approach allows for depth, reflection, and integration, while making timely support more accessible when something is actively unfolding for you.

I currently offer:

- Shamanic journeying on your behalf
- Spiritual direction and intuitive reflection
- Shamanic healing work, offered remotely
- One Question, shared as a written or recorded response

These offerings are typically delivered within 2–3 days, allowing for timely care

without the multi-week waiting periods that often accompany live appointments.

If this way of working feels supportive to you, I would be honored to walk this path with you.

Learn More

Now, Take Three Deep Breaths and Pause With Me ...

Today, for the first *Sacred Pause* of the new year, we pause — not to plan or resolve, but to **FIRMLY ARRIVE**. Each day this week I invite you to:

🌸 Choose one simple physical reset: wash your hands slowly, brush your hair, step outside, or light a candle.

🔔 As you do, sit in the moment and whisper: *This moment counts.*

👉 Feel this. **Really feel** this in your body as you become more present.

🌿 Notice how your body responds — even subtly. A softening. A steadiness. A small exhale you didn't realize you were holding.

💜 Offer a little blessing — a kind word, a patient pause, a silent wish for yourself or someone else.

✨ Beginning again doesn't require effort or improvement. **It asks only for presence.**

🔥 This is how we step into the year — not all at once, but right here, one gentle arrival at a time.

Intention: To enter the new year without pressure, allowing presence to become a place of return rather than a standard to maintain.

Journal Question: Where in my life am I asking myself to start over, when what I truly need is permission to continue from where I am?

Alternate Stillness Practice: Presence

Not every pause needs to become a breakthrough or a moment of insight. Some days, simply being with yourself is enough.

If this *Sacred Pause* isn't the one you need right now, let this month's reflection quote and sacred image rest with you — not as something to interpret or apply, but as a quiet companion. Presence doesn't ask for meaning to be forced; it reveals itself when we stop reaching and allow ourselves to arrive.

You can also choose to revisit a [back issue](#) that feels more aligned. Trust what draws you back.

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 both sound and guided binaural beats journeys.
 - ✦ [Back Issues](#): Revisit past *Sacred Pauses* whenever you feel called.
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May this month's *Sacred Pauses* bless your days with **presence** — not as something to achieve, but as something to rest within.



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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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