

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

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## *Sacred Pause Newsletter*

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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.

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### **Let this moment of stillness ripple outward**

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

**Share With a Friend**

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### **This Month's Theme:**

 **Reflection** 

**Reflection**, as I'm holding it this month, isn't about reviewing or fixing anything. It's a gentle pause — a moment to let the year settle without asking it to explain itself. Nothing needs to be resolved. Being present is enough.

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

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Image: Red wish cards hanging at Huayan Si Temple in Chongqing, China — where visitors write blessings and intentions for the year ahead.

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

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*"In reflection, even silence has a voice."*

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*A Little Something Extra ...*



From time to time, I like to include a small gift inside the *Sacred Pause*.

This week's offering is a short meditation created specifically for this week's reflection — a simple space to breathe, listen, and let the moment settle.

Completely optional and always here if it feels supportive.

I also created another meditation that connects with last week's *Sacred Pause* if you'd like to check that one out, too.

**Listen Now**

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## *Pause With Me ...*

Each day this week, I invite you to:

- 🌙 Find a quiet moment when your world feels hushed.
- ❓ Sit with a single question in your heart: What feels ready to be noticed before stepping into a new year?
- 💖 Stay open to whatever feeling rises — joy, relief, truth, grace, openness, longing, peace, release, clarity, courage, hope, steadiness, gratitude, curiosity, renewal, comfort, resilience, acceptance, tears, wonder, calm, and more.
- 🌱 You don't have to name the feeling while it's rising — just let it move through you.
- 💜 When the energy settles, choose a single word that captures its essence.
- 👉 This word is your **winter touchstone**.

✦ As you sit with this word each day this week, notice if a quiet sense of inner guidance begins to come forward — **the part of you that knows why this word matters right now and for the winter season.**

**Note:** This can become an insightful, healing practice if you allow it to unfold in its own way. *Sacred Pauses* are often explored over a week, but for this one, you might choose to carry your word — tucked into a wallet or pocket — with you through the quiet of winter.

**Intention:** To soften the mind enough to *perceive* what your higher wisdom has been trying to show you — allowing silence to become a doorway into insight, truth, and inner guidance.

**Optional Journaling Question:** How does your winter touchstone help you stay present with what is ready to be noticed as you step into the new year?

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### ***Alternate Stillness Practice: Reflection***

Not every pause needs to become a breakthrough or a moment of deep insight. Some weeks, simply sitting with yourself is enough. Let this month's reflection quote and/or sacred image rest over you — a quiet reminder that clarity often arrives when we stop trying to force meaning and simply allow ourselves to just "be."

As we move through this final month of the year, you may feel drawn to revisit a previous week's *Sacred Pause* **back issue** that continues to echo inside you.

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### ***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 sacred pause and binaural beats journeys.

✦ **Back Issues:** Revisit past *Sacred Pauses* whenever you feel called.

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May this *Sacred Pause* help you see your year through the eyes of your higher wisdom — with compassion, clarity, and a quiet sense of becoming.

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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