



Sacred Pause Newsletter

Dear ,

You've just opened your next *Sacred Pause* — a quiet invitation to breathe, reflect, and reconnect with the wisdom already within you. Each week brings a gentle insight, a sacred action, and an image from spiritual and ancestral traditions to support your journey.

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:

🌿 **Courage** 🌿

Courage isn't always loud or bold — often, it's quiet, personal, and fiercely intentional. This month, we'll explore how courage rises through presence, alignment, and deep listening. Through each *Sacred Pause*, you'll be invited to take meaningful risks, reclaim your inner strength, and act from your deepest truth — even when the next step feels uncertain. Courage, after all, isn't the absence of fear; it's the choice to keep moving with integrity and heart.

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



Image: Prayer Bells at Doi Suthep Temple — Rung for devotion, prayers, and offerings, to awaken merit, call in blessings, and symbolically release intentions into the unseen.

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

***“Courage isn’t always found — sometimes, it’s reclaimed.
A part of you has carried it all along.”***

Sacred Pause

🕯 Ask yourself: Where in my life is courage whispering for me to step forward?

✍ Free-write for 5–7 minutes without editing or analyzing. Let the truth rise, even if it surprises you.

✨ At the end, underline one sentence that feels like your next step — no matter how small.

🌱 You’re not finding courage. You’re remembering it.

🌀 Return to this practice throughout the week. Notice what changes as you keep listening.

Alternate Stillness Practice: Courage

Not every pause asks for action. If this week’s practice doesn’t resonate, simply sit with the quote or image. Let it steady you — a quiet space to meet your fear, your longing, or your strength with honesty.

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

✨ **Phone Lock Screen:** Let this week’s *Sacred Pause* stay with you. Visit my [Resource Page](#) to download a phone lock screen image that holds the quote and practice together — a simple, soulful reminder for your week in the palm of your hand.

✨ **Guided Meditations:** You might also feel drawn to choose a guided binaural beats meditation to go deeper into this month’s theme by asking a question in the theta state using one of these [meditations](#).

✨ **Back Issues:** Every pause we’ve taken together leaves a trail — a thread of stillness, reflection, and sacred remembering. If you missed a week or feel called

to revisit a moment, you'll find each past issue waiting for you in the [Back Issues Archive](#).

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

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 quiet ember of courage — steady, glowing, and ready.

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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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