



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:

 **Grounding** 

Grounding is the gentle return to ourselves – to the body, the breath, and the steady rhythm of the present moment. It is the practice of coming back when life pulls our attention outward, gathering our energy from worry, distraction, and urgency, and settling once again into what is real and supportive beneath us.

This month invites a slowing. A remembering that stability does not come from controlling life, but from inhabiting it fully – feeling our feet on the earth, our breath moving in and out of our bodies, and the quiet strength that arises when we choose to remain present.

Nothing needs to be chased. You are already held.



Image: A Buddhist monk mindfully creates a sand mandala, placing each grain with steady attention — a reminder that grounding begins by fully inhabiting the present moment, one small movement at a time.

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

***"Grounding is the sacred pause between inhale and exhale,
doing and being."***

Appointments: March

When support is needed, I offer spiritual direction, shamanic journey-based reflection, and discernment guidance through written and recorded responses. You're welcome to learn more or request support through the *Work With Me* page.

Appointments: Learn More

Now, Pause With Me ...

Each day this week, I invite you to enter a quiet moment of grounding by:

- 🌸 Sitting comfortably in your sacred space.
- 👐 Place one hand on your belly and the other over your heart, noticing the simple rhythm already moving within you.
- 👉 Breathe in slowly through your nose for four counts. Hold softly for two. Exhale through the mouth for six, letting your breath lengthen without straining.
- 🔔 As you continue this rhythm, notice the small pause that appears between inhale and exhale — the space between doing and being.
- 👂 In that still point, whisper to yourself: *I rest in the center of life.*
- 🌿 Allow your shoulders to soften. Feel the rise and fall beneath your hands. Let your awareness settle into the steady presence of breath moving through you.
- 🏠 Remain here for several breaths, noticing how stillness restores energy without effort — how grounding happens naturally when nothing is forced.
- ❤️ When you're ready, return to your surroundings, carrying this sense of steadiness with you into the next moments of your day.

Intention of This Practice: To reconnect with the stabilizing rhythm of breath, remembering that strength often arises through stillness rather than effort.

Alternate Stillness Practice: Grounding

Not every pause needs to bring clarity or movement. Some days, simply returning to the present moment is enough.

If this *Sacred Pause* isn't the one you need right now, allow this month's reflection quote and sacred image to rest beside you — not as something to interpret or accomplish, but as a quiet point of steadiness. Grounding does not require effort or insight; it begins whenever you come back to your breath, your body, or the moment you are already living.

You're also welcome 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:

✦ [Guided Meditations](#): Deepen into the theme with both sound and guided binaural beats journeys.

✦ [Back Issues](#): Revisit past *Sacred Pauses* whenever you feel called.

May this month's *Sacred Pauses* offer moments of **grounding** — small returns to presence where steadiness and strength naturally arise.

Amara



Amara Honeck

Spiritual Mentor | Sacred Living Guide |
Shamanic Practitioner | Author | Artist
Great Smoky Mountains, Gatlinburg, Tennessee
livingsacred@amarahoneck.com
www.AmaraHoneck.com

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