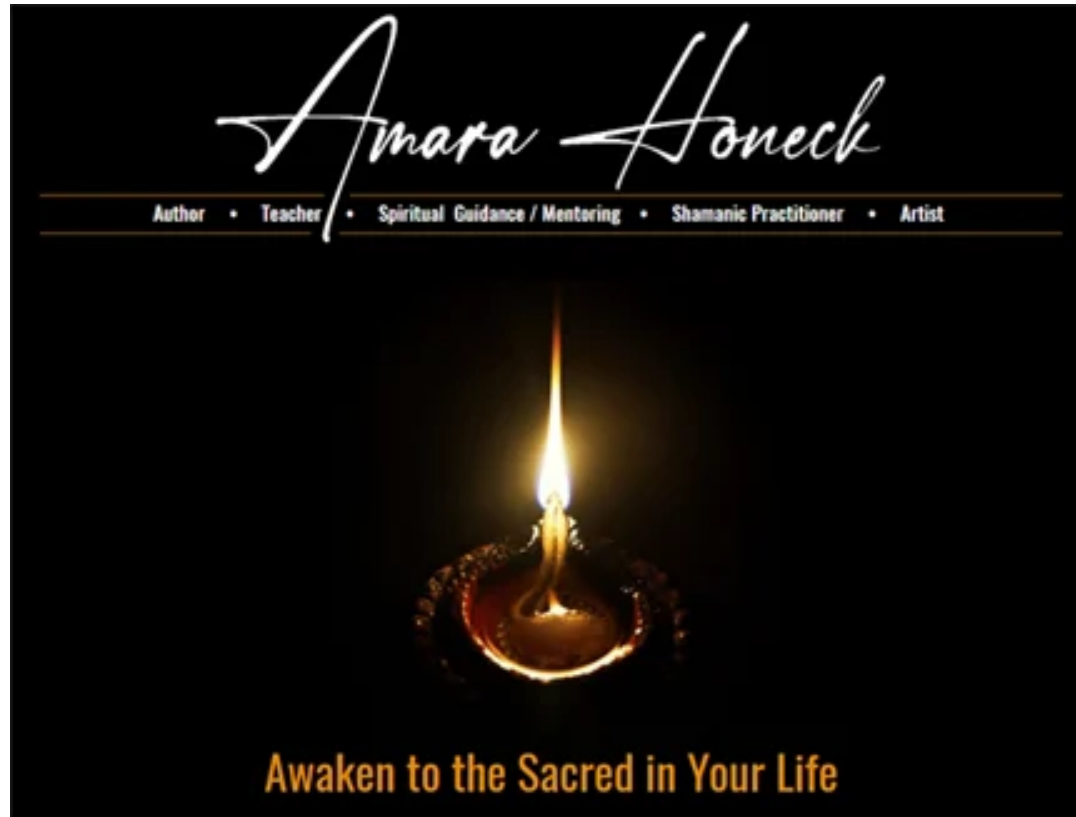


A sacred breath. A mindful moment. A pause that matters.

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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: Holy stones shaped by nature, inviting the return of attention, energy, and awareness back to center.

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

"To ground is to gather the scattered pieces of your energy and call them all home."

Pause With Me ...

Each day this week, I invite you to:

- Sit comfortably and close your eyes.

👉 Bring awareness to your breath and let each exhale release the day's stress.

👉 Whisper to yourself: *I call my energy back to center.*

✨ See these small golden threads of your energy scattered throughout recent moments — conversations, responsibilities, worries, unfinished thoughts, or places where your attention has lingered or gotten stuck.

🌱 In your mind's eye, and without judgment, begin to pull these threads back toward you on each inhale. One by one, they move back to you, drawn home by your breath.

👐 Sense this energy re-entering your body, gathering within your chest and center.

💖 Hold your practice for a few minutes noticing any subtle shift — warmth, calm, fullness, or quiet presence — as your energy comes back home to you.

Intention of This Practice: To restore balance by reclaiming attention and energy from distraction, allowing a natural sense of wholeness to return.

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



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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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