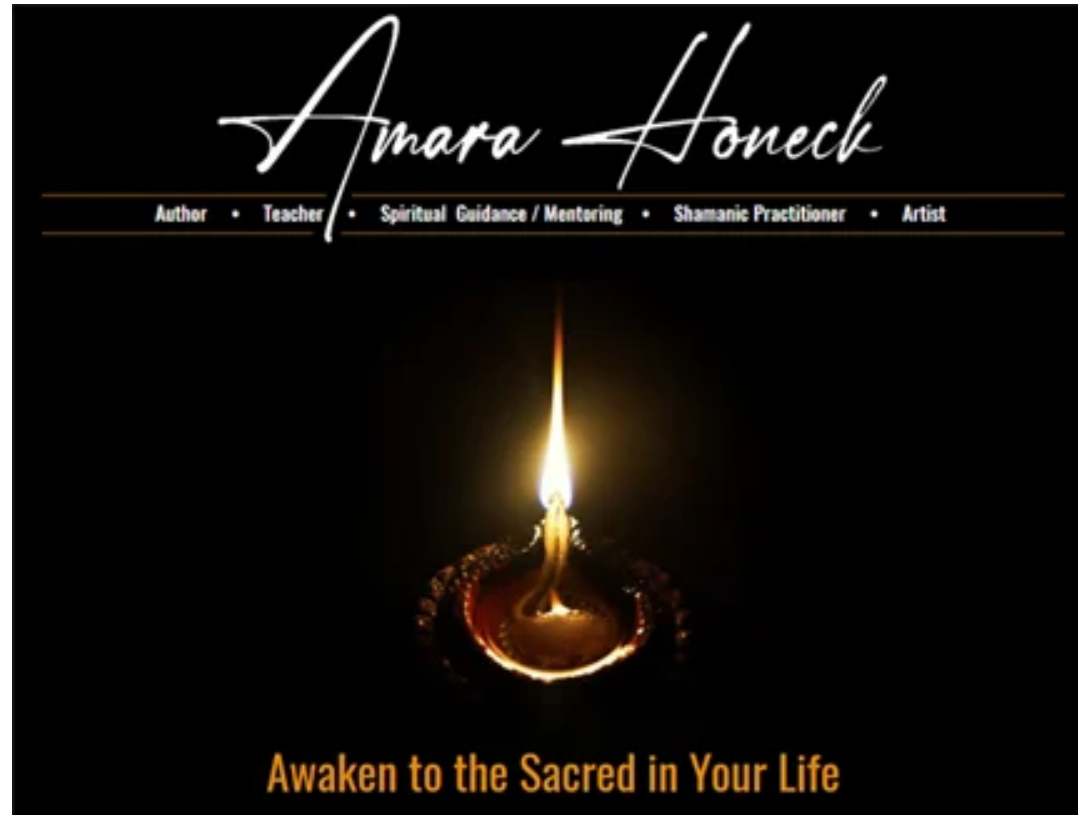


A sacred breath. A mindful moment. A pause that matters.

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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:

 **Awakening** 

Awakening isn't something we chase, it's something we begin to notice. It's the quiet shift from moving through life on autopilot to becoming aware of the life essence moving through us. A gentle opening of the "eyes within."

This month is not about dramatic transformation or sudden clarity. It's about subtle light – the kind that slowly fills a room at dawn. The kind that reveals what has always been here, waiting to be seen, felt, and known.

Awakening asks us to pay attention. To the miracle of our body, the thoughts we've outgrown, the quiet invitations rising within us. It is less about becoming someone new and more about recognizing who we already are beneath the noise, the patterns, the forgetting.

There is nothing you need to force. Nothing you need to prove.

Only a willingness to notice ... and to remain with what begins to gently come alive.













Image: Chumpi stones — ancestral Andean healing tools used to restore balance within the body. Their quiet, repetitive use reflects the unseen work of transformation, reminding us that what rests in stillness is not lost, but preparing to emerge.

Let this be a visual anchor for your Sacred Pause.

*"Spring reminds us that what sleeps in darkness
is never lost — only preparing to bloom."*

Pause With Me ...

Each day this week, I invite you to:

-  Find a quiet moment to sit comfortably, allowing your body to settle.
-  Take a slow, steady breath, letting your mind soften and your attention turn inward.
-  Bring to mind an area of your life that feels quiet, uncertain, or not yet formed.
-  Instead of trying to solve it, simply hold it in your awareness.
-  Close your eyes and imagine a seed resting beneath rich, dark soil.
-  Sense the stillness around it — not empty, but full of unseen life.
-  Allow this thought to enter your consciousness: *Even here, life is gathering strength.*
-  With each breath, imagine that seed slowly swelling — not rushing, just becoming ready.
-  Notice any subtle feelings, ideas, or nudges that begin to arise as you see the seed swelling.
-  When you're ready, open your eyes and write down one small, supportive action you can take — something gentle that would help this seed begin to break through.

Intention of This Practice: To build trust in the unseen phases of growth, recognizing that periods of uncertainty are not empty, but quietly preparing us for what is ready to emerge.

Alternate Stillness Practice: Awakening

Awakening doesn't arrive on demand. It can't be rushed, searched for, or created through effort alone.

If this week's *Sacred Pause* doesn't feel like the one you need right now, let the reflection and image simply exist beside you — not as something to activate, but as something to notice when it calls to you.

Some days, awakening looks like nothing more than living your life and realizing, even briefly, that you are present within it. You're also welcome to revisit a [back issue](#) or [guided meditation](#) that feels more aligned to where you're heart space is at in this moment. Trust what draws you back.

May this month's *Sacred Pauses* offer moments of awakening — gentle openings where awareness rises and your inner light is felt and remembered.

Amara



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