



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:

🌿 **Gratitude** 🌿

Gratitude is more than a polite thank-you—it's a way of seeing. When we pause long enough to notice what sustains us, the ordinary becomes radiant.

This month invites you to slow down and dwell in "**enoughness**"—the warmth of a mug between your palms, the steady rhythm of your breath, the love that keeps showing up in quiet ways.

Through November's *Sacred Pauses*, we'll explore how appreciation softens worry into trust, how thankfulness reveals the next light on our path, and how remembering love can guide us home to ourselves.

Gratitude, after all, is the soul's way of saying *yes* to life—again and again.

Upcoming Themes: Stay tuned for upcoming monthly themes: reflection, presence, love, grounding, awakening, balance, healing, forgiveness, soul connection, adaptation, compassion, curiosity, flow state, intuition, resilience, authenticity, mysticism, unity, devotion ... and so much more.



Image: A bundle of Chinese Kau Cim divination sticks used to receive guidance from the Divine. Each stick, when drawn, reveals an oracle meant for reflection. They remind us that gratitude itself can become a form of divination — a quiet way of listening for what life is showing and teaching us, one blessing at a time.

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

"Gratitude softens the edges of the ordinary, revealing the quiet grace woven through everyday life."

Pause With Me ...

Every day this week, I invite you:

🌙 At the end of the day, to open your journal and recall five moments that shaped your day — large or small.

✍️ For each one, write a single line beginning with *"Thank you for..."* — naming what it offered: laughter, lesson, beauty, rest.

💖 When finished, read your words aloud ... slowly.

🕯️ Let this become your evening prayer — words woven from the ordinary that beautifully merge into the poetry of your own heart.

🎵 If you really want to feel the power of your words, sing them! It's a whole different experience.

Intention: To return to the sacred rhythm of your life by noticing how even the simplest moments carry grace.

Perceive: What understanding or truth arises as you listen to your own words of gratitude each day?

Alternate Stillness Practice: Gratitude

Not every pause needs to become an insight or a list of thank yous. Some weeks, simply resting in appreciation is enough. Let this month's reflection quote and/or image wash over you— a quiet reminder that gratitude can live in stillness too.

If you feel called, also consider revisiting a previous week's *Sacred Pause* that continues to speak within you. The heart often needs time to catch up with its own blessings, and returning to what once moved you is its own form of thankfulness.

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 binaural beats journeys.

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

May this *Sacred Pause* open your heart to the gentle fullness of life — each moment, each breath, a quiet thank-you in motion.

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