

## *Sacred Pause Newsletter*

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Dear ,

You may still be sitting with whatever came forward when you chose your **exploration** in last week's *Sacred Pause* — that word, feeling, or direction you're carrying forward with you.

As we continue through this closing month together, let's shape your exploration theme into something you can return to — using the same rhythm you've been

experiencing all year.

**This week, we bring a simple structure to it.**

Not a rigid system. Not something to follow perfectly. Just a simple way to return — one you already know.

You can begin this process in today's *Sacred Pause* below.

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Image: Hands forming a rangoli, a traditional Indian mandala created with simple patterns, each movement guided by structure while also shaped by personal touch — a reflection of how a *Sacred Pause* can follow a rhythm while becoming entirely your own.

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

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***"What you return to, with intention, begins to shape your way forward."***

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## ***Shaping Your Sacred Pause***

Begin by visiting the [Sacred Pause back issues archive](#).

Scroll through the months and intuitively choose a back issue to revisit, noticing which pause draws your attention. There's no need to search for the right one. If you've been with me long enough, you know I believe deeply in synchronicity. You will choose the one you're meant to work with.

Once you've chosen, read through it. Then begin to shift and form it:

- Where the original pause names a theme, let your own **exploration** take its place.
- Where a whisper, phrase, or intention is stated, make it relevant to your own **exploration**.

The rhythm stays. The structure stays — unless you choose to change it. Only the focus shifts, becoming yours.

You don't need to rewrite everything. If a pause was written for "joy" and your **exploration** is "resilience," you're simply allowing the same structure to hold a different intention.

What you are doing here is not following — you are working with the practice as your own.








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## ***Pause With Me ... Your Sacred Pause Exploration***

To show you how this works, I pulled one *Sacred Pause* from the "joy" month and replaced its focus with my own **exploration** of "resilience." Here's how it can take shape.

Each day this week:

-  Take a slow breath and let your body settle.
-  Choose one ordinary moment — your morning coffee, a quiet breath, a simple meal — and turn it into a ceremony of simplicity.
-  Before you begin, whisper: “This is enough. I am enough. **Resilience (joy)** lives here.”
-  Really feel into these words.
-  Now let your senses lead. Notice the warmth, the texture, the color, the scent in this moment — this is how **resilience (joy)** shows itself in life’s simple comforts.
-  This noticing is a gift meant just for you, because even the ordinary holds something sacred.
-  Carry this feeling with you every day this week.

### **For You This Week**

-  Return to your adapted *Sacred Pause* once each day.
-  Let it feel familiar — you already know this rhythm.
-  Notice what changes when the words reflect your own life, your own situation, your own **exploration**.
-  Allow the practice to meet you where you are.

**Intention of This Practice:** To recognize that *Sacred Pause* is a living pattern — one you can return to, reshape, and use to support what is unfolding in your own life.

Over time, you may find that your pauses become shorter or longer, your **exploration** shifts and deepens, or you return to the same one again and again. All of this is part of the practice.

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*Please Let Me Know ...*

If something from this space has stayed with you, I would truly love to hear about it. It helps me understand what resonated with you and how to continue creating spaces like this. You can simply reply to this email — I read every note.

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*Bridge To Week 4*

Next week, we close the circle together — honoring what has taken shape, and what now continues with you.

I'll meet you there. ♥

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May what you've received become something you can return to in your own way — shaped by your life, your rhythm, and what is asking for your attention now.

*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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