

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.

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**Let this moment of stillness ripple outward**

**Share it with someone who may need their own *Sacred Pause* today.**

Share With a Friend

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## This Month's Theme:

🌿 **Reflection** 🌿

**Reflection**, as I'm holding it this month, isn't about reviewing or fixing anything. It's a gentle pause — a moment to let the year settle without asking it to explain itself. Nothing needs to be resolved. Being present is enough.

**Upcoming Themes:** Presence, love, grounding, awakening, balance, healing, forgiveness, soul connection, adaptation, compassion, curiosity, flow state, intuition, resilience, authenticity, mysticism, unity, devotion ... and so much more.

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Image: Ancient Moroccan lantern casting intricate patterns of light — a single flame transforming darkness into something sacred.

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

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*"The light of reflection reveals the soul's quiet  
gratitude for being alive."*

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### *With Gratitude*

Your presence matters. If this any of this month's *Sacred Pauses* offered something meaningful — a shift, a breath, a moment of clarity, a return to self, a spark of intuition, or a soft sense of healing — and you'd like to support future pauses, here's one small way — ☺☺ :

Buy Me A Coffee

Your support is deeply appreciated. ❤️

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### *Something New Is Opening: **Living Sacred Wisdom Cards***

I've been working on these cards quietly for over a year, and I'm just about ready to share the first collection with you. I call them **Living Sacred Wisdom Cards** because they help draw forward your own higher wisdom for whatever you're living, creating, or moving through.

These cards grew out of hundreds of client conversations and years of witnessing what actually helps people move from confusion into clarity — not by being told what to do, but by creating enough inner space for the right next step to reveal itself.

Each card carries a clear message, supported by my own intuitively assembled, hand-created collage imagery — created slowly and with intention — designed to work on a deeper, resonant level, calming inner noise **so clarity and next steps** can come into view.



What makes these cards different is that they aren't meant to give you more to think about — they help clear the way just enough for the right next step to reveal itself.

I pulled a card for all of us this week:

***Celestial Reflection***. If you'd like to try it for yourself, [you can explore it here](#).

✨ ✨ If you feel inclined, you can simply reply with one word that describes how this card landed for you — just hit reply to this email to send me a quick note. Thank you! ❤️

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### ***Pause With Me ...***

As we enter the final days before the New Year, I invite you each day this week to:

🕯️ Turn off all the lights and sit in darkness for a few moments.

❤️ Whisper thanks for your breath, your body, and your heart — these intimate companions that have carried you through every moment of your life.

🕯️ Then, light one small candle.

✨ As its glow fills the room, whisper: **I carry this light into what comes next.**

🌿 Feel the power of this statement move through your body.

🙏 Let this be your blessing for the year ahead.

**Intention**: To honor what has carried you here and to step forward with what is ready to walk with you.

**Journal Suggestion**: What arose in you as you whispered thanks in the dark? Write about the part of your life or your body that felt most illuminated by your gratitude.

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### ***Alternate Stillness Practice: Reflection***

Not every pause needs to become a breakthrough or a moment of deep insight. Some weeks, simply sitting with yourself is enough. Let this month's reflection quote and/or sacred image rest over you — a quiet reminder that clarity often arrives when we stop trying to force meaning and simply allow ourselves to just "be."

As we move through this final month of the year, you may feel drawn to revisit a previous week's *Sacred Pause* [back issue](#) that continues to echo inside you.

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## *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.

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May this *Sacred Pause* help you see your year through the eyes of your higher self  
— with compassion, clarity, and a quiet sense of becoming.

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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