

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

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## *Sacred Pause Newsletter*

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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:

🌿 **Presence** 🌿

**Presence**, as I'm holding it this month, is the devotion of the soul to the moment before it unfolds. It asks nothing of us except honesty — a willingness to stay, to sit in stillness for a few moments. In a world that is constantly trying to pull us in different directions, presence gently returns us to the "now," where nothing needs to be resolved and nothing is missing. Here, even the most ordinary moments become sacred simply because we have chosen to notice them.

**Upcoming Themes:** 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: A Tibetan Buddhist traveling altar (gau), carried close to the heart as a portable sacred space — a reminder that devotion, protection, and presence travel with us.

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

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***"Presence is prayer without words."***

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## ***An Invitation to Walk Together***



**Amara Honeck**

As part of my own New Year intentions, I'm sharing occasional in-between moments on Facebook — a photo, a short reflection, or a simple pause when something feels worth noticing.

If you feel drawn, you're warmly welcome to join me there. It's a place for us to connect in real time — to share what I'm seeing, sensing, and learning as I walk this *Living Sacred Path* — and a place where you're welcome to share your own insights, reflections, and noticings as well.









There's no expectation to keep up. Just a place to arrive when it feels right.

**Friend or Follow on Facebook**

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## ***Now, Take Three Deep Breaths and Pause With Me ...***

Each day this week, I invite you to:

-  Choose three moments: morning, midday, and evening.
-  At each moment, pause whatever you are doing.
-  Relax your jaw. Let your shoulders drop.
-  Offer a small, deliberate smile — even if you don't really feel like it. 
-  Breathe deeply three times and simply notice: light, sound, temperature, movement.
-  Say nothing. Ask nothing. Fix nothing.
-  By bedtime, presence may have quietly threaded itself through your day.

**Intention:** To allow awareness itself to become an offering — releasing the need to improve, explain, or manage the moment, and trusting that simple presence is enough.

**Journal Question:** What changed today when I stopped trying to improve the moment and simply noticed it?

## ***Alternate Stillness Practice: Presence***




Not every pause needs to become a breakthrough or a moment of insight. Some days, simply being with yourself is enough.

If this *Sacred Pause* isn't the one you need right now, let this month's reflection quote and sacred image rest with you — not as something to interpret or apply, but as a quiet companion. Presence doesn't ask for meaning to be forced; it reveals itself when we stop reaching and allow ourselves to arrive.

You can also choose 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:

-  **Phone Lock Screen:** Carry this week's reflection and practice on your phone.
-  **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* bless your days with **presence** — not as something to achieve, but as something to rest within.

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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