

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: Tibetan prayer flags — each one carrying quiet intention, gently moving with the wind rather than calling for attention. They reflect how awakening unfolds not in noise or effort, but through presence and the act of noticing what is already here.

Let this be a visual anchor for your Sacred Pause.

"The soul awakens not in noise but in noticing."

Pause With Me ...

Each day this week, I invite you to:

-  Set a timer for five minutes.
-  Find a place where you can sit or stand without distraction.
-  Take one slow, deep breath and allow your body to settle into stillness.
-  Let your attention open and expand — not focusing on anything specific, just noticing what is here.
-  Become aware of simple details: the temperature of the air, the feeling of your clothing, the subtle sounds around you.
-  Notice the play of light and shadow, the quiet movement of life unfolding in small ways.
-  As thoughts arise, acknowledge them and return to noticing — again and again, without effort.
-  Let this be easy. Nothing to change. Nothing to achieve.
-  Simply remain present with what is already here. **This is how it feels to be awake to what is around you.**
-  When your timer ends, take a moment to write down one thing you noticed — especially something small or unexpected.

Intention of This Practice: To cultivate simple, present-moment awareness — recognizing that awakening doesn't require effort or intensity, but begins through quiet noticing of what is already here.

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.

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