



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: An illuminated manuscript where every brushstroke becomes prayer, inviting us to slow down and honor the sacred in whatever we create.

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

***“Gratitude is the language of the soul
remembering its Source.”***

With Gratitude

Your presence matters. If this week’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. ❤️

Pause With Me ...

Each day this week, I invite you to:

🕯️ Sit in sacred space and imagine a small golden light glowing at the center of your chest.

🌿 With every breath, see that light expand — filling your body and the space around you.

❤️ Whisper softly, *Thank you for this life, this moment, this breath.*

🌸 After several minutes, envision sending a thread of that light outward to someone who has touched your journey — past or present.

🌸 Feel the exchange of gratitude flowing in both directions, a quiet current that unites giver and receiver in grace.

Intention: This practice is meant to awaken our soul’s remembrance of its divine connection through the act of giving and receiving gratitude as light.

Receive: What comes back to you as you share this light?

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.
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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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The **Living Sacred Path** is a journey of presence, connection, and honoring the wisdom of the soul.



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