



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: Lotus flower–shaped oil lamps at a Buddhist temple in Thailand.

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

“When we give thanks, the path ahead often reveals its next light.”

November/December Session Appointments

In alignment with the quiet season of renewal and reflection, I'll be offering just two more full sessions, on **November 5 and 6**. Each session is held with presence and care, offering intuitive support, clarity, and connection right where you are.

After these fill, I'll be stepping into my own season of stillness – writing, dreaming, and creating new *Sacred Pause* offerings, and spending time with family, friends, and my new (and first!) grandson .

During this season of turning inward, I'll continue to offer my **One Question Service** — a written or recorded response based on shamanic journeying on your behalf.

 **Availability:** Two sessions — November 5 / 6 | One Question Services available through December

[Explore Services](#)

Pause With Me ...

-  Take a few clearing breaths.
-  Write a question you've been holding — perhaps one about direction, healing, or purpose.
-  Beneath it, list three things about this question you're already grateful for: what it's teaching you, how it's shaping you, what patience it's asking of you.
-  During your daily *Sacred Pause*, hold the paper to your heart and say: *thank you for guiding me through this unfolding.*
-  Sit quietly for a few moments. Notice any shift from tension to ease, any warmth, calm, or sense of knowing.
-  That softening sensation is connection with your higher wisdom.
-  When you finish, write down any sensations, images, or words that surfaced — small sparks that might be revealing your next light.
-  Track your pauses every day and, at week's end, reflect on your notes and notice what themes or whispers of guidance have gathered in the margins.

Intention: To let the pause become the practice — slowing down enough to feel, perceive, and receive the subtle language of your own wisdom.

Notice: How does the stillness speak to you — through sensation, emotion, or gentle awareness?

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.

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. 

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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