



## *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:

🌿 **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: Rows of prayer candles glowing in a Bhutanese monastery. Each flame represents an offering — a wish, a prayer, a moment of gratitude released into light.

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

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*"The heart that gives thanks grows  
luminous — it begins to see life from  
the soul outward."*

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### ***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. ❤️

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### ***A Little Extra This Week: The 21 Days My Body Became a Prayer***



*(Image: Spiritual tools used throughout the 21-day practice — **the kind of sacred companions I'll soon be creating for your own path.**)*

For twenty-one days many years ago — as part of my Spiritual Director training — I practiced prayer in a way I'd never tried before: with breath, movement, ritual, and a single Divine Name repeated bead by bead.

This wasn't prayer of the mind. It became prayer of the body — a living, breathing experience that connected me to something ancient and profoundly present.

This story was just published in *Illumination*, one of Medium.com's largest spirituality and personal growth publications, and I wanted to pass it along in case it speaks to something within you. I've left the article **free for everyone** (Medium has a paywall) as a small offering of gratitude for your presence on this path with me.







If you've ever wondered what it feels like to step into a lineage of sacred practice — or if embodiment might change the way you pray — I think you'll resonate with this story. And if it speaks to you, consider weaving a small version of this practice into your own weekly *Sacred Pause* moments and noticing what shifts.

## Step Into the Story

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### ***This Week's Pause With Me ...***

I invite you each day this week:

-  At sunrise or sunset, step outside and face the changing sky.
-  Whisper three words of gratitude with each exhale.
-  Then, ask Spirit: *Show me one truth I've been overlooking.*
-  Pause and observe how color and shadow move across the horizon.
-  The message may come as an emotion, image, or a memory.
-  Carry it with you as guidance for the day or evening ahead.

**Intention:** To awaken gratitude as perception — transforming how we *see* and *receive* the world, until the outer light of the sky mirrors the inner light of our own awareness.

**Reflect:** A shift from seeing the world as *something outside of you* to realizing that gratitude and perception are one — what you bless begins to glow.

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## *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.

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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* open your heart to the gentle fullness of life — each moment, each breath, a quiet thank-you in motion.

*Amara*



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