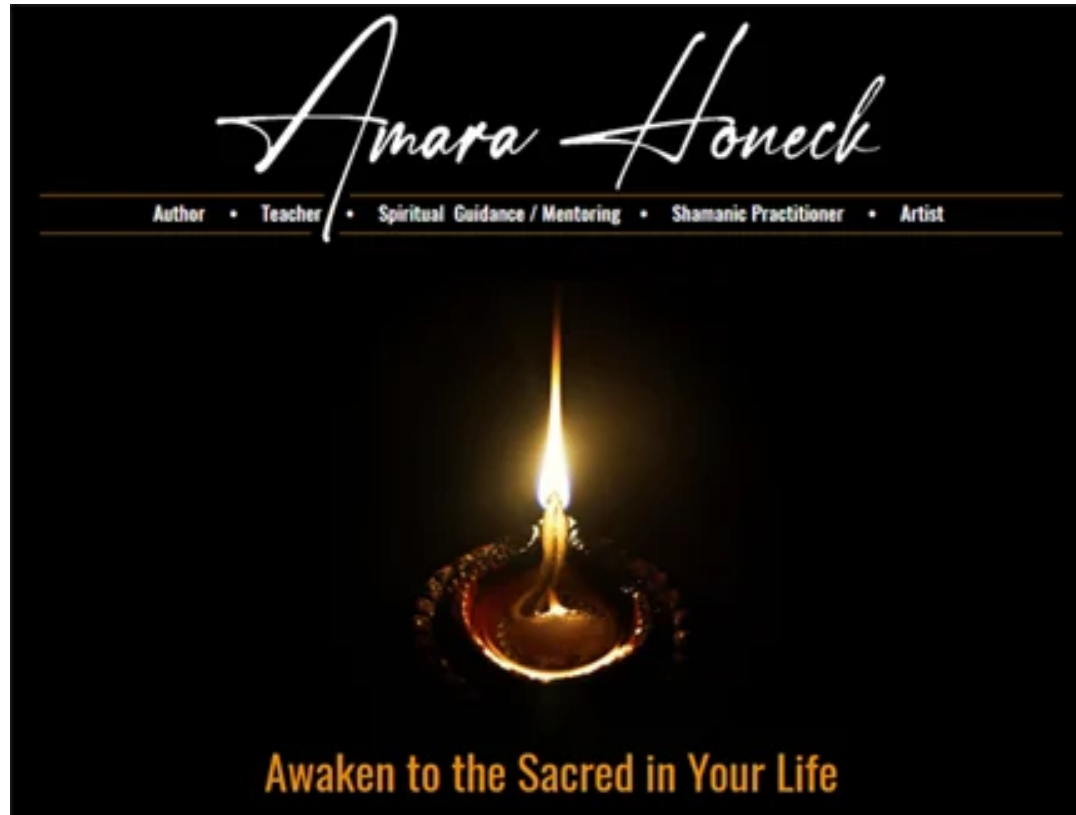


A sacred breath. A mindful moment. A pause that matters.

[View in browser](#)



## *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:**

 **Love** 

**Love**, as I'm holding it this month, is a quiet commitment to ourselves. It is the practice of standing on our own side with compassion and kindness, meeting each moment as we are. In this space, love is expressed through care – making time and space for what nourishes us, listening inwardly, honoring our limits and the boundaries that protect them, and allowing life to unfold without pushing too hard.

Nothing is missing. **You are enough.**

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Image: Spiritual practice elements — palo santo and sweetgrass — representing cleansing, intention, grounding, and sacred pause.

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

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***"Kindness toward yourself is spiritual intelligence  
in practice."***

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### ***Appointments: February***

This season continues to hold a quiet rhythm for one-to-one work. When you need support, I offer spiritual direction, shamanic journeying, and discernment guidance through written and recorded responses. This allows space for reflection, depth, and timely care without the pressure of scheduling or waiting weeks for an opening.

I'd also like to re-share one of the articles I wrote that recently resurfaced after being picked up by *Illumination* on Medium. The piece grew out of a client shamanic journey and reflects how guidance sometimes arrives not as direct answers, but as questions meant to be lived with. It's a good example of how this work unfolds: intuitively, patiently, and in rhythm with what's ready to be revealed.

If this way of working feels supportive for where you are right now, you're warmly welcome.

**Read the  
Article**

**Appointments: Learn  
More**

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

Each day this week, I invite you to sit in sacred space and:

🌸 Choose an object that anchors you: prayer beads, piece of spiritual jewelry, prayer shawl, item from nature, or any other sacred object.

🔔 Hold it close, let it draw you into the moment, and open to this thought: *I choose care in this moment.*

🌀 Allow the feel and meaning of the object to bring you gently into your body for a minute or two.

🌿 Notice if anything softens — your breath, your shoulders, your inner tone.

🏠 Continue to sit in stillness and note any subtle shifts — warmth, easing, quiet, resistance, or even a word or image that moves into your awareness.

❤️ Although this is this week's *Sacred Pause*, consider making a promise to return to it whenever you notice yourself slipping into criticism or harsh self-judgment.

✦ **This is how your own spiritual intelligence is gently practiced.**

**Intention of This Practice:** To return to yourself with kindness, remembering that care is a form of wisdom, not weakness.

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### *Alternate Stillness Practice: Love*

Not every pause needs to become a moment of insight or change. Some days, simply being your own best friend 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. Love does not ask to be proven or understood; it lives in the willingness to stay gently with ourselves, just as we are.

You're also welcome to revisit a **back issue** that feels more aligned. Trust what draws you back.

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### *Deepening Your Practice*

Here are a few ways to carry this week's *Sacred Pause* into your daily rhythm:

✦ **Guided Meditations:** Deepen into the theme with both sound and guided binaural beats journeys.

✦ **Back Issues:** Revisit past *Sacred Pauses* whenever you feel called.

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May this month's *Sacred Pauses* bless your days with **love** — not as something to seek, but as something to offer yourself.

# Amara



**Amara Honeck**  
Spiritual Mentor | Sacred Living Guide |  
Shamanic Practitioner | Author | Artist  
Great Smoky Mountains, Gatlinburg, Tennessee  
[livingsacred@amarahoneck.com](mailto:livingsacred@amarahoneck.com)  
[www.AmaraHoneck.com](http://www.AmaraHoneck.com)

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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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