



## *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:

 **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 bodies, 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.

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Image: A quiet ritual of light being brought to life, where what is unseen becomes visible.

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

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*"When we awaken, the light outside  
meets the light within."*



## ***Pause With Me ...***

Each day this week, I invite you to:

- ☀️ Step into the sunlight for a few quiet moments and close your eyes.
- 🌿 Feel the sun's warmth touch your skin — your face, your shoulders, your hands.
- 👉 Take a slow, deep breath, and let your body soften.
- ✨ Visualize the sunlight entering through the crown of your head as a gentle stream of light moving down through you.
- 🌀 Sense it traveling along your spine, slowly making its way toward your heart.
- ❤️ Take another deep breath and notice the soft glow already present within your chest — steady, quiet, waiting.
- 👐 Let the outer light and the inner light meet — merging, expanding, becoming one.
- 💞 As these two lights connect, whisper to yourself: *As above, so within.*
- 🌻 With each new breath, let that combined light grow, filling your body with warmth and awareness.
- 🌸 Stand here for a few moments, noticing how light is not only around you, but alive within you.
- 🌿 When you're ready, carry this beautiful, warm awareness with you into your day.

**Intention of This Practice:** To awaken awareness of the light already within us using sunlight as a mirror — reminding us that connection to something greater is not separate, but embodied and alive in our own being.

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***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 above 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.

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May this month's *Sacred Pauses* offer moments of awakening — gentle openings where awareness rises and your inner light is felt and remembered.

Amara



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