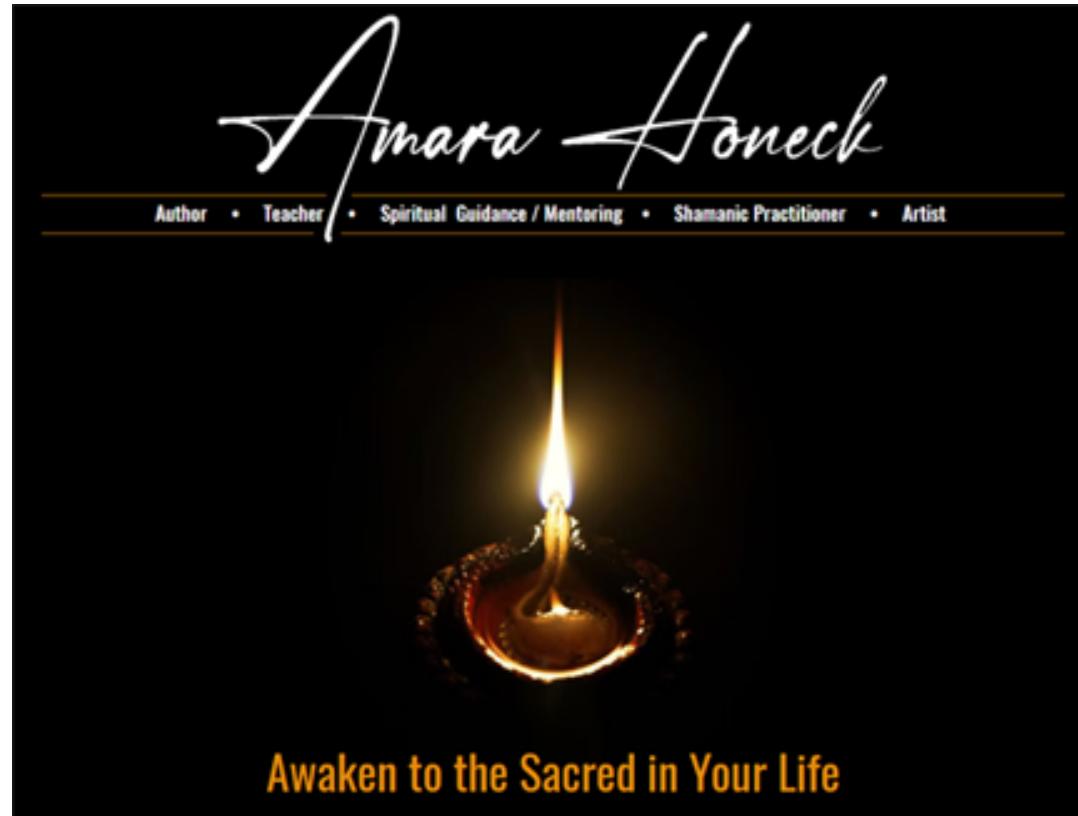


A sacred breath. A mindful moment. A pause that matters.

[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:**

 **Reflection** 

Reflection is more than looking back — it's a sacred turning inward. It's the moment the year exhales and we finally hear the quiet truths we've been too busy to notice.

As we move through this last month before beginning a new year, I invite you to pause long enough to meet yourself again — to sit with what softened you, what challenged you, what surprised you, and what quietly shaped your life this year. Reflection isn't about judging the past; it's about honoring the wisdom it carried — sometimes gently, sometimes fiercely.

Through December's *Sacred Pauses*, we'll explore how reflection helps us understand the deeper meaning behind our experiences, how it clears space for inner guidance to rise, and how it opens a doorway to our Higher Self who has walked beside us through every chapter.

Reflection, after all, is the soul's way of gathering the year into its hands — seeing not just what happened, but who we became along the way.

**Upcoming Themes:** Presence, love, grounding, awakening, balance, healing, forgiveness, soul connection, adaptation, compassion, curiosity, flow state, intuition, resilience, authenticity, mysticism, unity, devotion ... and so much more.

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Image: Lighting a butter lamp at Boudhanath Stupa, Nepal —a quiet act of devotion and illumination.

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

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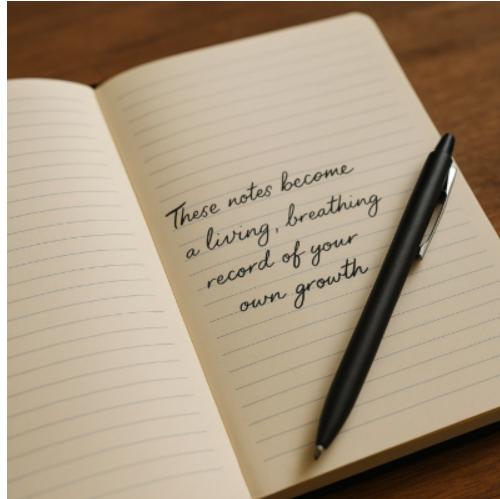
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***"When we slow down enough to listen,  
reflection opens space for revelation."***

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## *A Little Something Extra*



Beginning this month, you'll notice a small addition at the bottom of each *Sacred Pause* — **a journaling prompt**. Along with the prompt, I encourage you to write down your weekly *Sacred Pause* experiences.

**Over time, these notes become a living, breathing record of your own discoveries, growth, clarity, and guidance.**

Think of it as creating a map of your becoming — one gentle pause at a time. You'll be able to look back and see aha moments and know that every small insight was leading you toward a deeper understanding of who you are becoming.

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## *A Quick Note About Facebook*

Some of you might have heard about the widespread Facebook AI glitch over the summer and early fall — the one that unexpectedly removed millions of personal and creator pages. Unfortunately, my 16-year-old personal page was one of them. This page was connected to my public page where I interacted with many of you, and I no longer have access to it (although it's still visible on Facebook). For a while, I felt like I'd lost the thread of connection with so many of you. Over 20,000 to be exact.

After a few weeks of sitting in my own *Sacred Pauses*, I realized that what began as a frustrating loss could become a blessing in disguise — a chance to begin

again in a way that feels more intimate, more aligned, and more true to how I want to share this *Living Sacred Path* with you.



## Amara Honeck

So I've created a new profile, and as part of my own New Year intention, I'm opening it as a small window into connection — the things I find sacred, the quiet moments that move me, the bits of beauty and reflection that don't make it into the newsletter. Not a scheduled posting series, just a more personal way for us to stay connected in the coming year.

If you'd like to be part of that space, you can [link through here](#), and click the "Follow" button on my profile. You may also see a "Friend" option — both are welcome, so choose whatever feels right to you. [And if you tap "Favorites."](#) Facebook will be sure to show you my posts when they're shared.

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*Now, Take a Deep Breath and ... Pause With Me ...*

I invite you each day this week to:

- 🕯️ Light a candle and sit in stillness.
- 💫 Let your breath fall into an easy rhythm.
- ❓ Ask yourself: *What did this year want me to understand?*
- 💫 Don't search for answers — just sense what arises from your higher wisdom.
- 🎨 The reply may arrive as an image, a color, a memory.
- ✍️ When it comes, write it down as if you were taking dictation from your soul.
- 💡 Later, reread your words aloud; hear the sound of your own wisdom returning home to you.
- ❤️ **Got nothing?** Let this one continue to unfold throughout the week. Sometimes we receive our answers not when we're trying, but when we're engaged in small tasks — washing dishes, folding laundry, walking, or moving through daily life. Often in tiny bits and pieces.

**Intention:** To enter a deeper relationship with your higher wisdom — allowing reflection to open space for clarity, understanding, and the quiet guidance that's been waiting beneath the noise of the year.

**Journal:** How does your higher wisdom speak when you give it space to reveal itself?

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### ***Alternate Stillness Practice: Reflection***

Not every pause needs to become a breakthrough or a moment of deep insight. Some weeks, simply sitting with yourself is enough. Let this month's reflection quote and/or sacred image rest over you — a quiet reminder that clarity often arrives when we stop trying to force meaning and simply allow ourselves to just "be."

As we move through this final month of the year, you may feel drawn to revisit a previous week's *Sacred Pause* **back issue** that continues to echo inside you.

Remember, reflection isn't always linear; sometimes the heart needs time to understand what it's been carrying. Returning to what once stirred you is its own form of wisdom — an invitation from your Higher Self to see what you weren't ready to see the first time.

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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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## ***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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May this *Sacred Pause* help you see your year through the eyes of your higher wisdom — with compassion, clarity, and a quiet sense of becoming.

*Amara*

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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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