

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

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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.

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:

 **Shadow Work** 

Shadow work isn't about chasing away the dark, but learning to meet it with gentleness. Our hidden parts — the emotions, fears, and stories we've tucked away — carry wisdom when we dare to listen. This month, we'll explore the quiet courage it takes to sit with what's uncomfortable, to honor the parts of ourselves that have long been waiting for our presence.

Through October's *Sacred Pauses*, you'll be invited to soften into self-compassion, notice where old patterns arise, and open space for healing light to emerge from the shadows. Shadow work, after all, isn't about fixing what's broken — it's about remembering the wholeness that has been here all along.

Upcoming Themes: Stay tuned for upcoming monthly themes: gratitude, 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: Palo Santo and Feather — Palo santo, the 'holy wood' of South America, has long been burned to clear what is heavy and invite peace. The feather, symbol of spirit and breath, lifts what has been released toward light. In shadow work, these two remind us that what we bring forward from the hidden — when met with love — can be transformed into renewal.

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

***“Shadow work honors the stories that shaped us —
even as we begin writing new ones.”***

Closing This Month’s Circle: *Please Share Your Reflection*

Before we open the door to a new month, I’d love to hear how this one met you.

Sacred Pause is a living circle — your reflections help shape its rhythm and evolution. Consider one or all of these questions:

- ✦ How did this month's theme speak to you? ✦
- ✦ Was there an insight or “aha” that stayed with you? ✦
- ✦ Which practice felt most meaningful or doable? ✦
- ✦ Is there anything else you'd like to share? ✦

When you have a quiet moment — **HIT REPLY** — to this email and share with me what you've discovered. ❤️

I read every message — your words truly matter.

What Awaits in November

This is the final *Sacred Pause* for our October theme — “shadow work.” Next month, we turn our attention to **gratitude**. Gratitude isn't about pretending everything is perfect — it's about recognizing the quiet gifts that surround us, even in life's imperfect moments.

Get ready to pour a warm cup of tea or coffee, settle into your sacred space, and experience November's *Sacred Pauses* as we soften into appreciation — for the beauty, the lessons, and the ordinary grace that fill our days when we choose to notice.

Pause With Me ...

Every day this week, I invite you to:

📖 Open your journal to a new page.

✍️ On the **left page**, write the title: “*The Story That Shaped Me.*” Free-write for 5–10 minutes about a belief, wound, or pattern you’ve carried.

🌱 On the **right page**, title it: “*The Story I’m Beginning Now.*” Let this be the seed of integration, where old wounds grow into wisdom.

📝 Even if it’s only a sentence or a feeling, write it down.

🌟 Return to this right-hand page every day this week.

🌱 Add to it. Reread it.

🕒 Let it grow into the voice you’re reclaiming.

🌟 At the end of the week, note any discoveries or insights.

A Little Something Extra

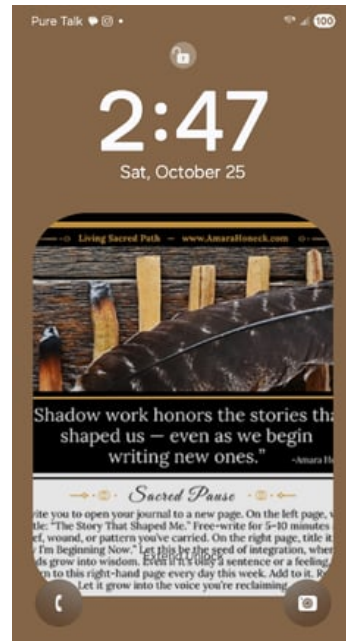
Here are a few downloadable gifts to carry this week’s *Sacred Pause* into your daily rhythm — small reminders to stay connected, centered, and attuned to your inner light.



Sacred Pause Meditation Audio

Listen to this unguided meditation as part of your *Sacred Pause*. Allow the music and stillness to open the quiet spaces within, where insight and peace naturally arise.

Listen to Meditation



Sacred Pause Screen Saver

Carry this week's reflection and practice on your phone for quick touchpoints with the sacred. Each time you glance at your screen, let it remind you to return to presence, gratitude, and grace.

Download Screen Saver

May today's *Sacred Pause* be a thread of healing — woven into your breath, your stillness, your being, as you honor what has been hidden.

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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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