



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.

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.

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:

 **Presence** 

Presence, as I'm holding it this month, is the devotion of the soul to the moment before it unfolds. It asks nothing of us except honesty – a willingness to stay, to sit in stillness for a few moments. In a world that is constantly trying to pull us in different directions, presence gently returns us to the "now," where nothing needs to be resolved and nothing is missing. Here, even the most ordinary moments become sacred simply because we have chosen to notice them.

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



Image: Flower mandala formed petal by petal, color by color, not to last, but to mark a moment of presence.

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

***"When the mind grows quiet, the heart remembers it
already knows the way."***

Pause With Me ...

Each day this week, I invite you to:

- 👉 Sit or stand with your feet on the floor.
- 👉 Place one hand at the center of your chest and one on your belly.

- 👉 Take three slow breaths and feel where your body settles first.
- 💛 Then quietly say: What is the smallest true thing I can honor today?
- 🔍 Don't search for an answer. Instead, notice what shifts.
- 📖 Make a pact with yourself to honor that small truth before the day ends.
- 🌟 **Presence doesn't deepen through effort, but through response.**

Intention: To practice arriving fully in the body and perceiving the smallest honest response, trusting that presence reveals what is needed without force.

Journal Question: What shifted when I stopped searching for an answer and allowed myself to notice instead?

Alternate Stillness Practice: Presence

Not every pause needs to become a breakthrough or a moment of insight. Some days, simply being with yourself 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. Presence doesn't ask for meaning to be forced; it reveals itself when we stop reaching and allow ourselves to arrive.

You can also choose to revisit a **back issue** that feels more aligned. Trust what draws you back.

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 both sound and guided binaural beats journeys.
- 🌟 **Back Issues:** Revisit past *Sacred Pauses* whenever you feel called.

May this month's *Sacred Pauses* bless your days with **presence** — not as something to achieve, but as something to rest within.

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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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