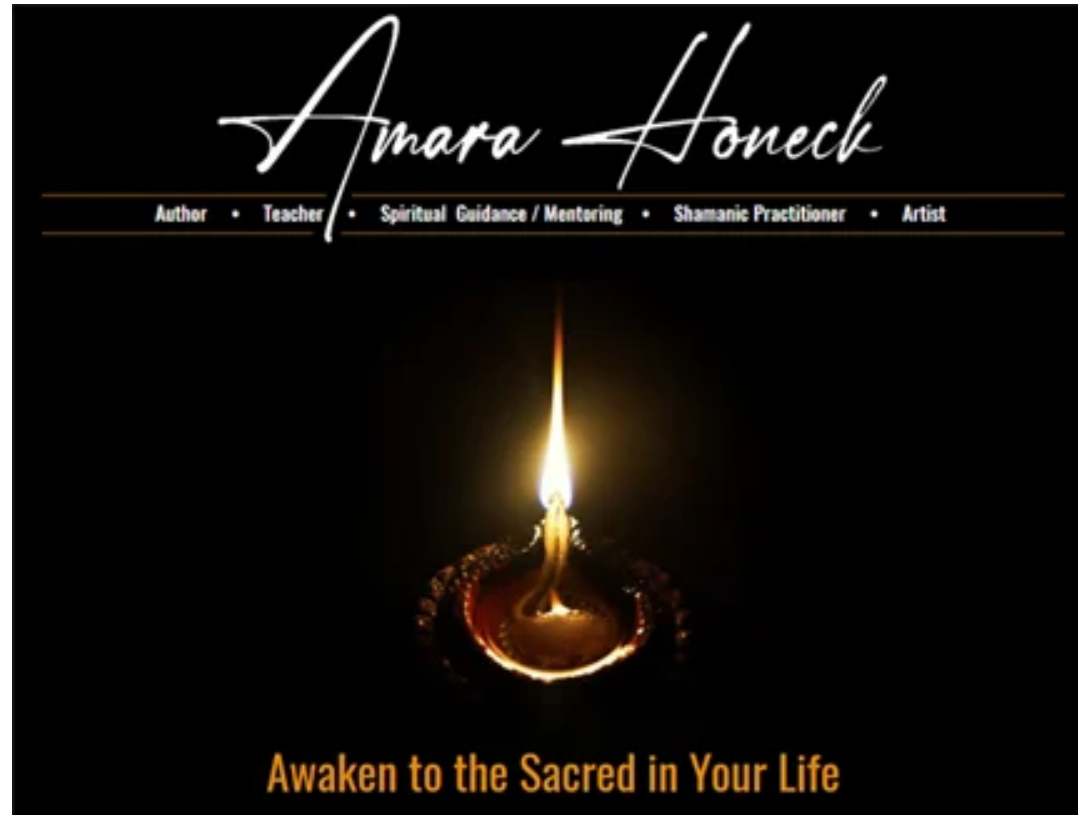


A sacred breath. A mindful moment. A pause that matters.

[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:

 **Grounding** 

**Grounding** is the gentle return to ourselves – to the body, the breath, and the steady rhythm of the present moment. It is the practice of coming back when life pulls our attention outward, gathering our energy from worry, distraction, and urgency, and settling once again into what is real and supportive beneath us.

This month invites a slowing. A remembering that stability does not come from controlling life, but from inhabiting it fully – feeling our feet on the earth, our breath moving in and out of our bodies, and the quiet strength that arises when we choose to remain present.

Nothing needs to be chased. You are already held.

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Image: A small Buddhist tsa-tsa (clay prayer object), formed from earth and holding a hidden prayer within, reflecting the grounding practice of staying present rather than turning away.

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

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***"Grounding happens every time you choose to stay instead of escape."***

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

Each day this week, I invite you to:

- 🌸 Notice when you enter a moment of unease — boredom, restlessness, tension, or the subtle urge to distract yourself.
- 👉 Before reaching for your phone, a task, or movement away from the feeling, pause where you are.
- 👉 Bring awareness to your body. Feel your feet touching the floor, your hands resting, the simple reality of physically being here in this moment.
- 🔔 Turn your attention toward your breath without changing its pattern. Simply notice its rhythm as it moves in and out.
- 🌿 Ask: *What happens if I stay with myself right here?*
- 👏 Allow sensations to exist without needing to fix or interpret them. Notice how feelings shift naturally when you give them space — tightening softens, restlessness settles, breath deepens.
- 👉 Stay present for a minute or two and you might find that sometimes grounding can arise not from escaping discomfort, but from meeting it head on.
- ❤️ When you're ready, continue with your day slowly, carrying the quiet strength that comes from staying.

**Intention of This Practice:** To strengthen grounding by choosing presence over distraction, allowing discomfort to transform through awareness.

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### ***Alternate Stillness Practice: Grounding***

Not every pause needs to bring clarity or movement. Some days, simply returning to the present moment is enough.

If this *Sacred Pause* isn't the one you need right now, allow this month's reflection quote and sacred image to rest beside you — not as something to interpret or accomplish, but as a quiet point of steadiness. Grounding does not require effort or insight; it begins whenever you come back to your breath, your body, or the moment you are already living.

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* offer moments of **grounding** – small returns to presence where steadiness and strength naturally arise.

*Amara*



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