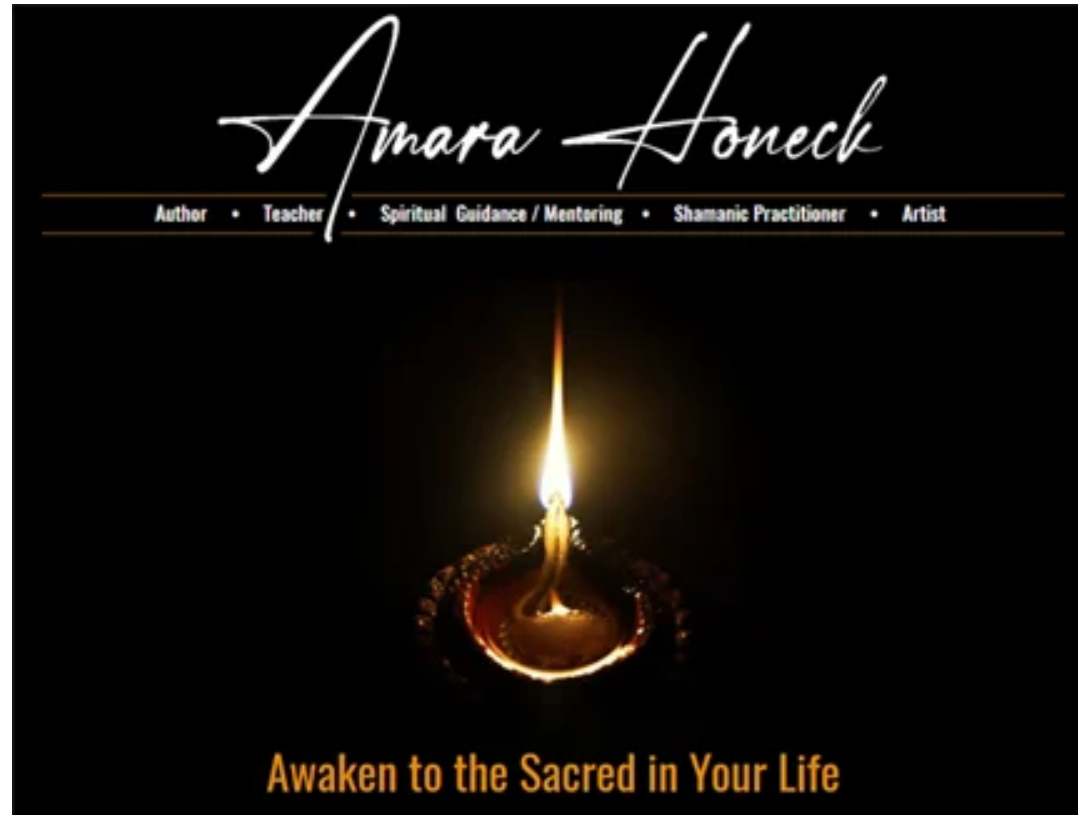


A sacred breath. A mindful moment. A pause that matters.

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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.

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:

 **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 body, 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.

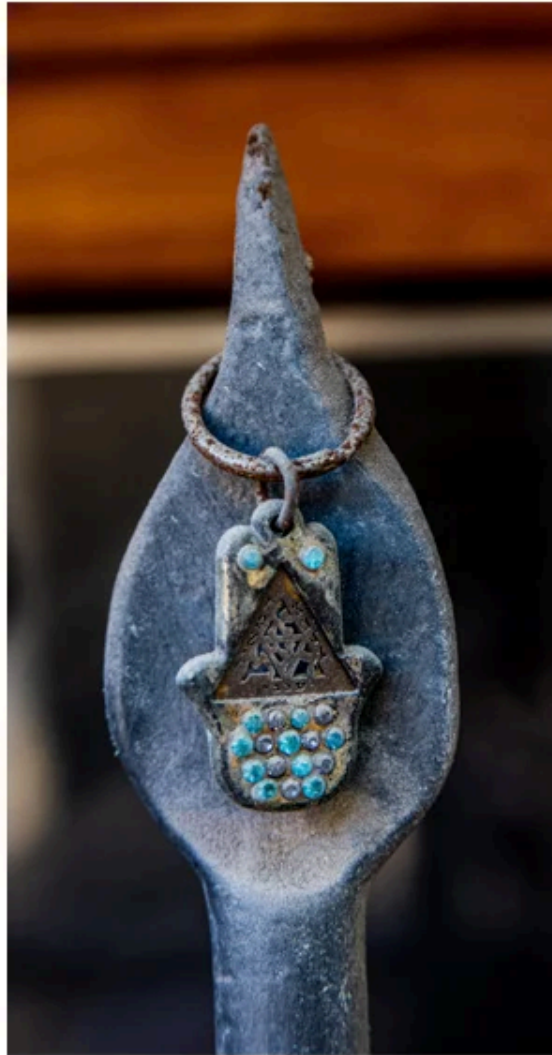













Image: A hamsa amulet, traditional symbol of protection and guidance, often placed as a quiet presence along one's path. It reflects the trust that as we stretch toward what brings us to life, we are supported, guided, and not reaching alone.

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

*"The Earth awakens by stretching toward light;
we awaken by remembering we are made of it."*

Pause With Me ...

Each day this week, I invite you to:

-  Step outside or near a window where you can feel or see natural light.
-  Stand or sit comfortably, allowing your body to settle.
-  Take a slow breath in, noticing the space around you.
-  Gently stretch your body — your arms, your spine, your chest — as if you are reaching toward the light.
-  Let the movement be slow and natural, like something waking up.
-  As you stretch, feel your body responding — opening, lengthening, becoming more aware.
-  Whisper softly to yourself: *I am made of the same light I reach toward.*
-  Pause for a moment at the top of your stretch, sensing both the light around you and the aliveness within you.
-  Release slowly, noticing how your body feels after reaching.
-  Repeat once or twice, allowing the movement to feel intuitive — not forced.
-  Move into your day with this awareness — awakening is not something you wait for, but something you gently respond to.

Intention of This Practice: To experience awakening as a natural response within the body — stretching toward what nourishes us, while remembering that what we seek is already part of our own nature.

*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 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.

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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The **Living Sacred Path** is a journey of presence, connection, and honoring the wisdom of the soul.



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