



## *Sacred Pause Newsletter*

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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.

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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:**  
**Balance**

Balance isn't about holding everything steady — it's about learning to respond to life as it shifts, without losing your center. Through each week's *Sacred Pause*, we'll explore what it means to notice where effort is needed and where release is calling, to listen to the quiet signals within, and to allow space for what is still unfolding. Balance emerges not through control, but through awareness, adjustment, and a willingness to remain present within the in-between.

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Image: A strand of tulsi wood prayer beads, where each bead marks a breath, a word, or a return — reminding us of the rhythm between effort and release that brings the mind and body back into balance.

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*“Balance comes from honoring both effort and exhale.”*

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## *Sacred Pause*

- 🌱 After moments of focus — or whenever you notice effort building — pause.
- 👐 Place your hands over your lower ribs.
- 👂 Take a slow, deep breath in ... and a full, steady exhale. Repeat this two more times.
- ✨ Let this intention envelop you: *I release the effort; I welcome the ease.*
- 🌀 Notice the space that opens in the pause — the quiet balance between holding and letting go.
- 🌸 Return to this practice throughout the week, especially when you feel yourself pushing or holding too tightly.

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## *Alternate Stillness Practice*

If today's *Sacred Pause* doesn't resonate, try this simple stillness practice. Sit quietly with the reflection quote and/or image above and let them center you. You don't need to arrive at an answer — simply remain in the space between and notice what gently settles over time.

Or let your attention return to a previous week's *Sacred Pause*, waiting in the [Back Issues Archive](#) — still holding its light.

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## *Deepening Your Practice*

✨ **Phone Lock Screen:** Let this week's *Sacred Pause* stay with you. Visit my [Resource Page](#) to download a phone lock screen image that holds the quote and practice together — a simple, soulful reminder for your week in the palm of your hand.

✦ **Guided Meditations:** You might also feel drawn to choose a guided binaural beats meditation to go deeper into this month's theme by asking a question in the theta state using one of these [meditations](#).

✦ **Back Issues:** Every pause we've taken together leaves a trail — a thread of stillness, reflection, and sacred remembering. If you missed a week or feel called to revisit a moment, you'll find each past issue waiting for you in the [Back Issues Archive](#).

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### *Need Gentle Guidance? Schedule an Appointment*

If you feel called, I offer one-on-one sessions to support your journey.

Explore Services

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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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### **How are Sacred Pauses Showing Up For You?**

I'd love to hear how the *Sacred Pauses* are unfolding in your life. Have they brought you guidance, peace, clarity, stillness, or a new perspective? Have they

helped you find answers, solutions, or moments of healing? Your reflections help shape what I create next – guiding future themes and offerings.

**Share Your Experience**

**May today's *Sacred Pause* help you return to what feels steady within.**

*Amara*



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