

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 ... and so much more.



Image: Podruchnik — In Orthodox Christian tradition, the podruchnik is a small prayer cloth placed beneath the right hand in prayer, keeping the space clean and marking the gesture as sacred.

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



“Shadow work is an act of sacred reverence — not to fix what’s broken, but to meet what was hidden with presence and love.”

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. 🧡

A Little Something Extra: Sacred Space Card

In addition to the *Deepening Your Practice* resources a few sections below, I created a little something to accompany this week’s Sacred Pause — a way to anchor the energy throughout the week.

It’s a small **Sacred Space Card** that includes this week’s reflection quote and your *Sacred Pause*. Just download, cut around the edges, fold along the dotted line, and keep it in your sacred space as a gentle reminder of what you’re learning to hold with love. I kept the design simple — in black and white — to conserve printer ink.

I have a feeling this might become part of something larger — a quiet collection of sacred pauses you can hold in your hands. 🌸

Download Sacred Space Card

This Week's Sacred Pause

- 💛 Lie or sit with one hand on your heart, the other on your belly.
- ❤️ Feel your heartbeat.
- 🌀 As you breathe, imagine light moving through your body — reaching even the parts you've tucked away.
- 👉 Say silently: *"Even what I've hidden belongs."*
- ☀️ Stay here for several breaths. Let the rhythm of your heart guide you toward gentle integration.
- ✨ Integration means allowing even what's been hidden to return to wholeness and belonging.
- 🌺 Return to this practice each day this week. Let it become a sacred rhythm of becoming.

Alternate Stillness Practice: *Shadow Work*

Not every pause needs action. If this week's practice feels tender or stirring, simply stay with the quote or image. Let it create space — a soft place where shadow can be seen without pressure to change.

Or let your attention return to a previous week's *Sacred Pause*, holding space in the [Back Issues Archive](#) — still carrying a spark meant just for you.

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 binaural beats journeys.

✨ **Back Issues:** Revisit past *Sacred Pauses* whenever you feel called.

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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