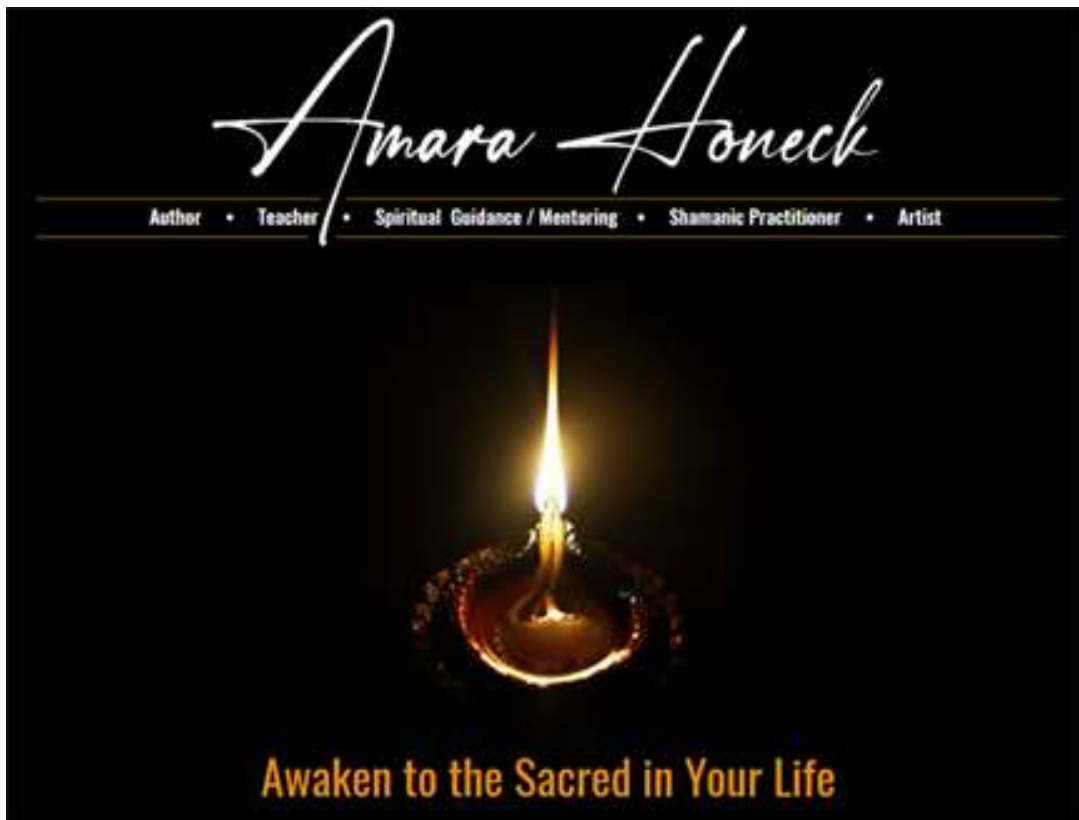


A sacred breath. A mindful moment. A pause that matters.

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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:

🌿 **Reflection** 🌿

Reflection, as I'm holding it this month, isn't about reviewing or fixing anything. It's a gentle pause — a moment to let the year settle without asking it to explain itself. Nothing needs to be resolved. Being present is enough.

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



Image: Hand of a Buddha statue in Patan, Nepal, offering the Vitarka Mudra — a symbol of wisdom transmitted through stillness.

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

***"Reflection is the bridge between who we were
and who we are becoming."***

Pause With Me ...

Each day this week, I invite you to:

✦ Draw a simple bridge in your journal.

← On one side, write **"What I'm leaving."**

→ On the other, **"What I'm carrying forward."**

🕯 In the center, write whatever naturally rises — words, phrases, or short sentences that reflect how you're meant to cross this threshold.

🌀 When you've finished, read your words slowly, inhaling as if you're drawing them into your lungs.

🌺 Hold these words with intention for a moment.

🍃 Then lightly blow this formed intention onto the page, sealing your transition.

♥ **And so it is.**

Intention: To release what no longer supports your becoming and step toward the energy that is ready to carry you into the new year.

Journal: What shifted in you as you breathed your intention across the bridge you drew? Describe the energy of this threshold and how it feels to step from the old into the new.

Alternate Stillness Practice: Reflection

Not every pause needs to become a breakthrough or a moment of deep insight. Some weeks, simply sitting with yourself is enough. Let this month's reflection quote and/or sacred image rest over you — a quiet reminder that clarity often arrives when we stop trying to force meaning and simply allow ourselves to just "be."

As we move through this final month of the year, you may feel drawn to revisit a previous week's *Sacred Pause* [back issue](#) that continues to echo inside 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 this *Sacred Pause* help you see your year through the eyes of your higher self
— with compassion, clarity, and a quiet sense of becoming.

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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