



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:

 **Presence** 

Presence, as I'm holding it this month, is the devotion of the soul to the moment before it unfolds. It asks nothing of us except honesty – a willingness to stay, to sit in stillness for a few moments. In a world that is constantly trying to pull us in different directions, presence gently returns us to the "now," where nothing needs to be resolved and nothing is missing. Here, even the most ordinary moments become sacred simply because we have chosen to notice them.

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



Image: Peruvian mesa bundle — sacred objects wrapped in ceremony and presence. Each element is placed with care and awareness, becoming a touchstone for ceremony and reflection.

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



"To rest in presence is to meet Spirit mid-breath."

Pause With Me ...

Each day this week, I invite you to:

- 🕯️ Sit in sacred space and light a candle or incense stick.
- 💛 Take one slow breath in and exhale. Notice the brief stillness before the next inhale begins.
- 👐 In that quiet space, the space between breaths, place one hand over your heart. Let it rest there for a few breaths.
- 💬 **Whisper:** I recognize what is here with me.
- 👂 Stay with the next few breaths, not doing anything with them but simply allowing the sense of **being met** to register in whatever way it does.
- 🌟 Presence is not something we create. It is the place where we notice we are not alone in the best of ways.

Intention: To slow the breath just enough to notice that presence is not solitary — allowing awareness of Spirit to arise naturally in the space between breaths.

Journal Question: What did I notice when I slowed my breath and allowed myself to sense what was present with me?

Alternate Stillness Practice: Presence

Not every pause needs to become a breakthrough or a moment of insight. Some days, simply being with yourself is enough.

If this *Sacred Pause* isn't the one you need right now, let this month's reflection quote and sacred image rest with you — not as something to interpret or apply, but as a quiet companion. Presence doesn't ask for meaning to be forced; it reveals itself when we stop reaching and allow ourselves to arrive.

You can also choose to revisit a [back issue](#) that feels more aligned. Trust what draws you back.

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.

May this month's *Sacred Pauses* bless your days with **presence** — not as something to achieve, but as something to rest within.

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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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