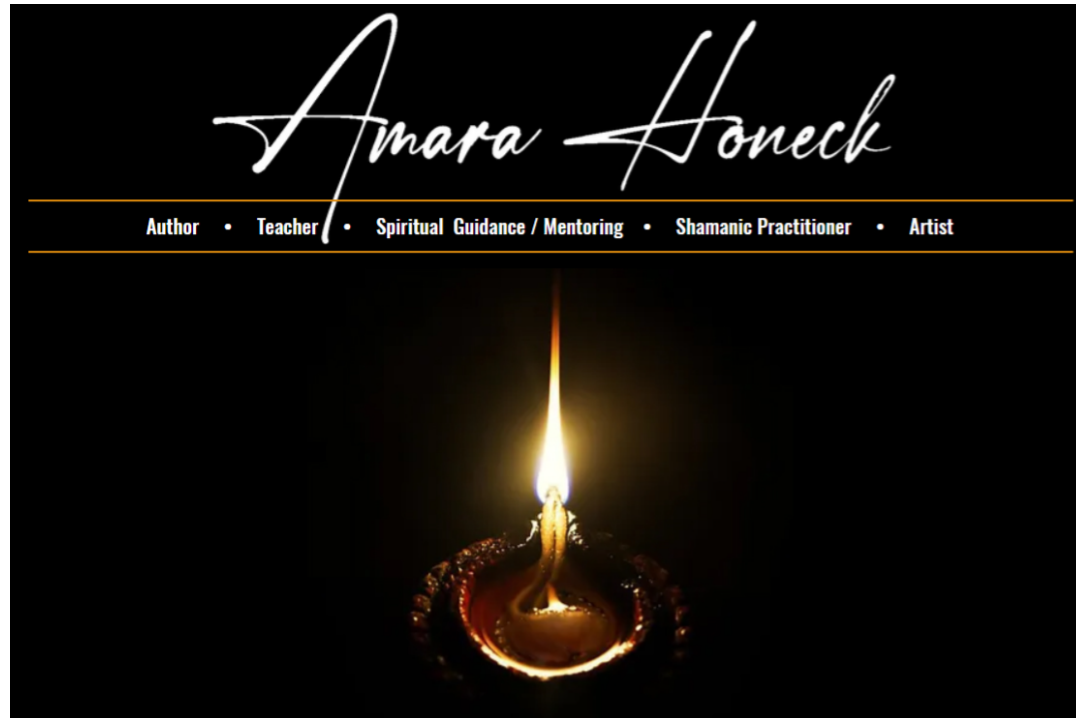


A sacred breath. A mindful moment. A pause that matters.

[View in browser](#)



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:

🌿 Joy 🌿

Joy isn't always loud or exuberant — often, it arrives quietly, uncovered in the spaces we clear and the moments we truly notice. This month, we'll explore how joy is revealed not by adding more, but by releasing what no longer serves, embracing simplicity, and softening into life as it is — opening to the small, sacred moments it offers. Through this month's *Sacred Pauses*, you'll be invited to set down old weight, honor the ordinary as sacred, and welcome both light and shadow as part of life's experience. Joy, after all, isn't something to chase — it's what rises when we make room to receive it.

Upcoming Themes: Stay tuned for upcoming monthly themes: shadow work, gratitude, reflection, presence, love, grounding, awakening, balance, healing, forgiveness ... and so much more.



Image: Strings of prayer beads in a market stall.

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

“Joy isn’t always found in gaining — but in releasing what never fit to begin with.”

September Session Appointments (and a Peek Ahead)

✨ For September, I’ve set aside three dates — 11, 17, and 25 — for private one-on-one sessions. These conversations are intuitive, supportive, and tailored to meet you where you are right now.

📅 Looking ahead, I’ll be holding appointment space October 9, 15, and 21.

👉 Each session is designed to meet you with presence and care, offering space for clarity, direction, healing, and deeper connection.

💖 If you’ve been feeling that quiet nudge to sit with me, I’d love to meet with you in one of these upcoming sessions.

Explore Services

This Week's Sacred Pause

✨ Every day this week, choose one thing to let go of — either physical or internal. It might be an old item kept out of habit or a repeating thought that quietly drains you.

🌸 Hold it, name it, and say aloud: *“This was part of my journey, but it is not part of my joy.”*

👉 Then release it — donate the item, write the thought on paper and cross it out, or simply exhale with intention.

☀ Notice the lightness that arrives, the quiet joy that steps forward in the space you've just cleared.

📄 Afterward, pause and ask: *What truth is rising in this new space?* Journal what comes.

💖 Let this practice bring peace to your space and **joy to your heart**.

Alternate Stillness Practice: Joy

Not every pause needs action. If this week's practice feels heavy, simply stay with the quote or image. Let it create space — a gentle place where joy can rise without effort.

Or let your attention return to a previous week's *Sacred Pause*, gently waiting 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.

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. 🧡

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* be a thread of joy — woven into your breath, your stillness, your being.

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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