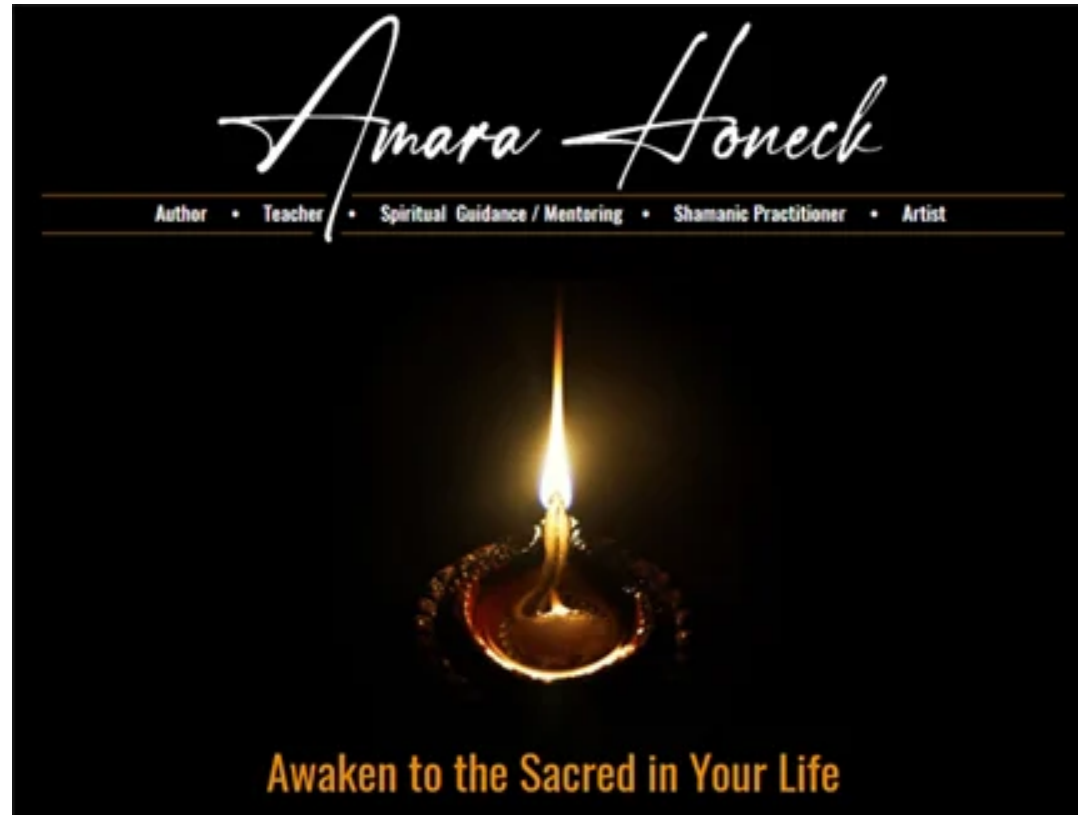


A sacred breath. A mindful moment. A pause that matters.

[View in browser](#)



Sacred Pause Newsletter

Dear ,

This is the week I've been holding gently in my mind since we began this closing month together. Our last pause within this circle. Our final meeting [in this particular form](#).

A year ago, something in you said yes to this. Yes to pausing. Yes to returning. Yes to listening inward, even when life was loud. That yes matters — and

whatever has quietly shifted in you because of it matters, too.

Over this past year, you've moved through balance, clarity, courage, joy, shadow work, gratitude, presence, self-love, grounding, and awakening — and through so many ordinary moments of returning, noticing, and beginning again.

And now, that rhythm is something you carry with you.



Image: A Thai temple gong struck once and left to resonate, a reflection of how a single moment can continue to echo long after the sound has faded.

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

***"What began as something you received is now something
you can return to — in your own way."***

Closing the Sacred Pause Circle — and Welcoming You to SoulPath

As this *Sacred Pause* circle completes its year-long journey, I find myself reflecting not only on what has been created here, but on what continues forward from it.

Many of you have walked with me long before the *Sacred Pause*.

Some of you sat with me in a shamanism class through the Foundation for Shamanic Studies, or a consciousness program through the Monroe Institute, or one of the Consciousness Gatherings I hosted for years. Some of you came to me as clients, or found me through my books and articles. Others arrived through this newsletter ... and now the path widens and continues from here.

Wherever you joined the path, I'm glad you're here with me.

Sacred Pause was one expression of work I've been doing for more than fifteen years. What continues from here is simply a wider conversation — the one I've always been having, in one form or another.

What Comes Next: SoulPath

Over these past weeks we've been working with the idea of **explorations**: the questions, experiences, practices, reflections, and inner movements we return to over time. Not as detached observation, but as a way to work through what's troubling us, what's stuck, what's asking to be seen.

Real life. Real pain. Real questions.

That's what this work has always been for, and that's the shape of what comes next.

Beginning in August, I'll be writing to you once a month under a new series I'm calling **SoulPath** — so watch your inbox for that email subject line and you'll know it's me.

Some months it will be something I found and want to share. Other months, a teaching. Sometimes just a moment handed to you with no commentary needed. And every so often, a *Sacred Pause* sprinkled in between — because that practice isn't going anywhere. It's just becoming part of something larger.

SoulPath will always be something worth opening.

What SoulPath Might Hold

SoulPath won't follow a single path or predictable format. The explorations may take the shape of:

- Guided meditations and inner practices built around the power they can hold for you.
- Explorations connected to *Sacred Pause*, our Soul Voice, ancestral wisdom, higher knowledge, and core shamanic work — woven into practices and reflections you can carry into your daily life.
- An oracle reading drawn from a deck of my own making — offered as guidance and reflection for the month ahead.
- Something I've made and want to share — a piece of spiritually-inspired jewelry, a written reflection, or another quiet gift along the way.
- A handmade project, recipe, or seasonal practice for you to create on your own — something that can ground you and hold meaning for your path.
- Binaural beats audio experiences and experiments to help return us to a state of stillness, presence, and healing receptivity.
- A sacred music track or short film — something I've found that opens the heart and stills the mind, shared so it can do the same for you.

- Walking the labyrinth with me — a practice you can move through alongside me — and contemplative photographs from the Great Smoky Mountains where I live, write, and create.
- Writings, essays, and reflections on higher consciousness, self-awareness, and the inner path — offered to deepen your own soul path.
- A class, workshop, or live teaching — for the times you want to walk a piece of the path with me directly.
- Quiet questions worth sitting with — for whatever you're walking through at this time in your life.

The intention of **SoulPath** is to offer thoughtful spaces for reflection, awareness, curiosity, and deeper listening while you explore the depth and breadth of your own spiritual path.

And to share, from time to time, what over fifteen years of this work has taught me — alongside whatever **I'm still learning as a perpetual student on this soul path.**

A New Doorway

Consider this not an ending — but a doorway.

The circle of completes here. begins in August.

I'd love for you to come walk further with me — to learn alongside me, sit with what I sit with, and let the path widen for both of us.

Remember that you have a full collection of to return to — a personal library of practices available to you at any time. Return to a past pause when something feels familiar, choose a theme that reflects what you're moving through, adapt a practice to meet you where you are, or simply sit quietly and allow your own pause to form. You can find them here:

**There is no single way to continue.
Only a way that feels true for you.**

Send Me An Email

I hope you have found something meaningful of your own within the *Sacred Pause* circle.

If something from this year of *Sacred Pauses* stayed with you — or shifted something in your life — I would love to hear from you. Just hit reply to this email to share with me. Your experiences genuinely matter and will help shape what comes next. ❤️

Remember, this is not an ending of the *Sacred Pause* for you. It's simply a shift — into living these practices in your own way.

Now ... Our Final Sacred Pause Within This Circle

👉 Take a slow, steady breath.

👐 Place a hand somewhere grounding — your heart, your chest, or your lap.

🌟 Bring your awareness to this moment — just as you've done before.

❤️ Notice what feels different now.

🌱 Notice what feels familiar.

🔄 Acknowledge all the moments you've paused, reflected, and returned — across this entire year.

🏠 Let this thought settle quietly within you: *I can return to this moment, this space, this peace, at any time.*

🌸 Take one more breath, allowing that awareness to completely envelop you.

🌱 When you're ready, continue into your day — carrying this feeling, this peace, with you.

Intention of This Practice: To recognize that the *Sacred Pause* is no longer something you receive — but something you can create and return to whenever it's needed.

Where to Find Me

Between **SoulPath** notes, these are some of the places where our paths can continue to cross:

- Writing periodically on Medium: (<https://medium.com/@amarahoneck>)
- Sharing books and projects on Amazon: (<https://www.amazon.com/stores/Amara-Honeck/author/Bo1ACAEoO4>)
- Occasionally posting guided meditations or podcasts on YouTube: <https://www.youtube.com/@amara-honeck>
- Through the quiet ideas and things of beauty and inspiration that I gather on Pinterest: <https://www.pinterest.com/amarahoneck/>
- Or you can always return to my website where everything I'm creating continues to live and unfold: www.AmaraHoneck.com

And one more thing: if you ever find yourself feeling stuck, I'm still here for [personal sessions](#) as my calendar allows.

May the *Sacred Pause* stay close in the weeks between now and August.

May what we've built together continue to meet you — in quiet moments, in needed pauses, in the gentle awareness you now know how to return to.

And when **SoulPath** begins, may you find me there, holding the door wide open for you.

Much Love

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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