



Sacred Pause Newsletter

Dear ,

Can you believe we are only a few weeks away from the anniversary of the *Sacred Pause* circle that began a year ago?

In just a few weeks, our *Sacred Pause* circle will gently close — and I find myself wanting to mark that with you, with gratitude, **before we move into what comes next.**

When this circle opened, I wasn't sure exactly what it would become. I only knew that something in me — and perhaps in you — needed permission to slow down. To take an intentional pause. To breathe. To listen to my own higher wisdom.

Over these months, we've walked together through pauses for balance, clarity, courage, joy, shadow work, gratitude, reflection, presence, self-love, grounding, and awakening — and through so many quiet moments of returning, noticing, and beginning again.

What strikes me most, looking back, is how ordinary those moments were. A breath before responding. A pause before deciding. A small, honest question asked sometimes inward, sometimes outward. Nothing dramatic. And yet — something has been quietly taking shape in both of us. I believe that.

The *Sacred Pause* was never meant to live only inside these emails. My intention was that it would become something you'd recognize within yourself — something to carry, shape, and return to in your own way, in your own life.

This month I'll walk beside you a little differently. Over the next few issues, I'll show you how to use the practices I have already built and shared with you throughout the year to create your own. Not as replicas of mine, but as something that reflects *you*: your rhythms, your needs, your particular way of coming home to yourself.

Everything we've shared together will remain available to you on the [Sacred Pause back issues page](#) — the reflections, the practices, the moments you may want to return to again.

**What began here is not ending.
It's being placed gently into your hands.**

But first — before we look too far forward — let's pause here together and honor what has already unfolded.



Image: In the Buddhist tradition, a white thread is held during prayer and blessing, a cord of connection and continuation of intention. What has been held here is now being carried forward — the thread remains, even as the hands change.

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

***"What started here doesn't end here —
it simply changes hands."***

Please let me know ...

If something from this year-long space has stayed with you — helped you navigate a moment, make a decision, understand something more deeply, shift how you moved through a situation, or find a sense of calm or clarity — I would truly love to hear about it.

I am currently writing a book proposal built around the *Sacred Pause* practices, and your words — even just a sentence or two — would mean the world to me and help carry this work forward. You can simply reply to this email. I read every note. ❤️

Pause With Me ...

Each day this week, I invite you to:

- 👉 Take a deep breath and allow yourself to settle for just a moment.
- 🌱 Think back over the past year of your *Sacred Pauses*.
- ❤️ Notice any small shifts — in awareness, in how you respond, in how often you return to yourself through your practice, in how your pauses have changed the way you are present in your own life.
- ✨ There's no need to measure or define it clearly.
- 👉 Simply acknowledge: something has been taking shape.
- 🌸 Ask yourself: *What has stayed with me the most?*
- 👉 Let whatever arises be enough — even if it feels subtle or unfinished.
- 🌱 Carry that awareness with you, knowing it's something you can return to and continue in your own way.

Intention of This Practice: To recognize the quiet impact of what has already unfolded, and to begin shifting from guided practice toward personal practice creation.

Bridge To Week 2

Next week, we begin a subtle shift — from reflecting on what has been, to noticing what is asking for your attention, and choosing where to begin as the *Sacred Pause* becomes something you carry forward in your own way.

I'll meet you there. ❤️

May this month's *Sacred Pauses* remain with you — not as something you follow, but as something you carry, return to, and live in your own way.

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