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SPECIAL EVENTS:

8-7-17: Full Moon
8-8-17: Portal Day
***October 28 & 29, 2017:
The Way of Love workshop
Go to Oursacredjourneys.com
for more info.

PRAYER NETWORK

You are able to submit prayers to our prayer circle of 100+ people, as well as have the opportunity to pray for others. To join, simply email: drjonathancohen@gmail.com.

IDEA OF THE MONTH:

Dance!
Moving freely without

Sacred Journeys Newsletter - AUGUST 2017!!!!

Our intention is to share with you each month upcoming community events, resources and inspirations, to lift your Spirit and feed your Soul! We believe that Love is the fabric of reality. We share this to awaken, expand, and strengthen this Divine Consciousness in you, in all of humanity, and our planet. Love- Jonathan & Shari

Greetings From Shari:

This month I am going to talk about the **Power of Love and Restoration.**

Let's start with our beloved 300 year old Linden tree (see it below in its current state).



Last year we wrote about our Linden tree splitting in half and the sorrow and devastation we felt, as well as all the many key lessons we gleaned from this experience of profound shedding. One of the biggest take-aways was: by the Linden tree shedding its old canopy weight it now stood with its huge heart wide open. To see into the heart of the tree felt incredibly intimate and tender, especially because the tree looked very vulnerable. We were told by our "tree whisperer" that it would heal itself

orchestration and self consciousness unlocks our bodies natural vibration. When our life force vibrates it sings and creates ecstasy! Create a sacred music playlist. Choose music that inspires you and is heart focused and Love focused. Select a variety of music, fast, slow, in between, from many traditions. The intent is to find music that allows your soul to soar.

Then in sacred space, listen with your heart and allow your body to move in any way it feels called to move. There may be big movements, small movements, or stillness with a soft internal vibration. No scripts! Just allow your body's vibration to respond to the musical vibration. You just may end up laughing, crying, hooting, hollering, liberating your own ecstatic expression!



INSPIRATION:

Laughter

by Hafiz

What is laughter? What is laughter?
It is God waking up! O it is God waking up!
It is the sun poking its sweet head out
From behind a cloud
You have been carrying too long,
Veiling your eyes and heart.

by sprouting many new small branches and kind of "fluff itself out". We were instructed to trust this process and not cut any of the new growth, to simply let it be. All I did was love it up and pray for its new configuration (sacred geometries) to strengthen and for its Divine Intelligence to integrate its energy.

At first it grew an awkward green stubble, kind of like new facial hair on an adolescent boy. Now, as you can see, it is a wild wooly thick emerald beard covering and completely protecting all the bare limbs! It is a marvel, and a tangible testament to the Power of Love, regeneration and restoration! In our Love and Comfort Ceremony this past Sunday we had 63 people in the room (and others participating remotely) giving and receiving the Power of Love. It was an extraordinary co-creative process of generating and raising up the frequencies of Light and Love, and then utilizing this energy with those present and radiating it out into the world. The process involved poetry, movement, and laughter, with permission to be exactly who you are/where you are in the moment. We were spontaneous and trusted Spirit/Source to guide us.

There was a great deal of shedding, like with our Linden tree, of old weight, obstacles, and energy that no longer served. Simultaneously, there was an energetic transmutational process, and an anchoring in of new configurations (new sacred geometries) into everyone's systems.

Our closing circle felt just like my experience with our Linden tree. I looked around at the smiling faces and the soft, open, intimate, vulnerable, powerful beaming hearts. I AM grateful to have been a part of this exquisite sacred weaving. I AM grateful the gifts were sent out into the world in ceremony, and carried forward in the beautiful hearts of the participants.

Love-

It is Light breaking ground for
a great Structure
That is your Real body-called
Truth.

It is happiness applauding
itself and then taking flight
To embrace everyone and
everything in this world.

Laughter is the polestar
Held in the sky by our
Beloved,
Who eternally says,

"Yes, dear ones, come this
way,
Come this way toward Me and
Love!

Come with your tender mouths
moving
And your beautiful tongues
conducting songs
And with your movements-
your magic movements
Of hands and feet and glands
and cells-Dancing!

Know that to God's Eye,
All movement is a Wondrous
Language,
And Music-such exquisite, wild
Music!"

O what is laughter, Hafiz?
What is this precious love and
laughter
Budding in our hearts?

It is the glorious sound
Of a soul waking up!

RECOMMENDATIONS:

1. *You-Tube video:*

(amazing voice!!!)

<https://www.youtube.com/watch?v=TddQEzW9MQM>

2. *Movie:*

Shari

SUPPORT SHARI'S SACRED ART!!!

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<https://www.facebook.com/SacredArtbyShari/>

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<https://www.pinterest.com/SacredArtShari>

TO PURCHASE SHARI'S SACRED ART TOOLS:

[https://www.etsy.com/shop/SacredArtbyShari?](https://www.etsy.com/shop/SacredArtbyShari?ref=hdr_shop_menu)

[ref=hdr_shop_menu](https://www.etsy.com/shop/SacredArtbyShari?ref=hdr_shop_menu)

Reflections from Jonathan:

This past Sunday Spirit gifted us with 63 visitors to the Temple for a love and comfort ceremony. Men and women ranging from 16 to mid seventies were present.

Shari and I have been continuing to learn that Spirit directs us when we listen. Yesterday was a great example. Patrick McCoyd (Center Director of MKP) said there was a need for healing in the MKP community, as a number of men were facing huge challenges in life. He asked if we would consider doing a ceremony in the Temple for these men. Then we thought of women who may have this same need, and a few e-mails and announcements later voila....a large circle created!

Shari did a phenomenal job introducing the three hour process

by noting that we are assisted by Source and Spirit. All we needed to do is ask, trust, and receive. The method of receiving Spirit's gift would look different for each individual. Some might be assisted by movement and touch; some might enjoy meditating and praying quietly and in stillness in a designated corner near Quan Yin. Others might enjoy walking the labyrinth, sitting on the land, visiting the water sanctuary. I witnessed

(based on Joseph
Campbell's work)
**The Timeless Tale of the
Hero's Journey**

3. *Visual:*
(amazing rocks!!!)
**[https://mail.google.com/
mail/u/0/#label/Saved/15
d84b07196e9d58](https://mail.google.com/mail/u/0/#label/Saved/15d84b07196e9d58)**

participants doing all of these activities, following
their intuition and guidance.

For me it was the most beautiful and powerful
ceremony to date. Even though I was on point to
watch the huge container (to make sure that
participants were stable and at ease, given the
incredible download of energy), I was ironically
more at ease than ever before because I chose to
let go and trust Spirit.

Earlier in the day, after we had finished all of the
concrete preparations, as part of the Spiritual
preparation I walked the half mile spirals in and out
of the labyrinth. I kept saying and singing the
phrase: "I AM LOVE". How simple! How powerful!
How true! And so are you: YOU ARE LOVE!
Love-
Jonathan

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