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SPECIAL EVENTS:

- 11-4-17: Full Moon
- 11-11-17: Veterans Day
- 11-11-17: Portal Day
- 11-23-17: Thanksgiving

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:

Gratitude Cup

**Lets keep it sweet and simple this month!
Choose a beautiful cup,**

Sacred Journeys Newsletter - NOVEMBER 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:

I want to wish everyone a Beautiful and Joyful Thanksgiving holiday! I love the **POWER OF GRATITUDE**, a feeling which is packed with transformative energy. Gratitude allows us to shift from a sense of incompleteness and wanting, to a sense of wholeness and completion. Just because we feel complete or whole in a moment of gratitude does not mean that we stop creating, striving, and shifting. It simply means we take note and are aware in a heartfelt way, of all the bounty, beauty, and blessings that already exist in ourselves and our lives.

Every morning before interacting with others and starting my busy day, I go outside and offer tobacco and say thanks to Pachamama (the Earth) for lending me this physical body from Her Body of Light, and I offer thanks to Spirit for the gift of life, the breath of life, and the opportunity to serve. Sometimes it is not easy to say thanks or feel deep appreciation for the things in our lives that feel challenging. However, here is where the deep medicine and mystery lies. I will offer an example

chalice, or bowl. Each day as you wake up write one thing that you are grateful for and place it in the cup. Then during the middle of your day take a moment to feel into what you are grateful for NOW and write it down and put it into the cup as soon as you are home. Then right before bed write down one more thing that stirs the feeling of gratitude in you and place it in your cup. Do this for all of November. Then on Thanksgiving take time before the day unfolds to read the entire contents of your cup/chalice. **PRACTICING GRATITUDE is the surest way to increase joy and blessings in your life!**

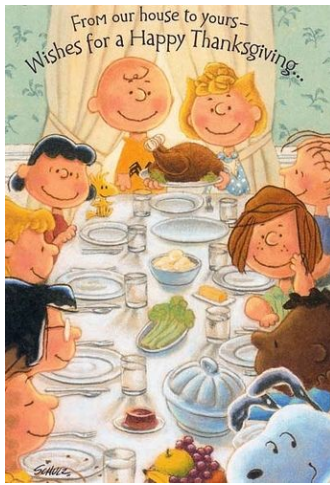
from my life.

Last week I was feeling some fear, overwhelm, and exhaustion about all the things on my plate. These feelings were keeping me up at night and at times distracting me during the day. I was having a hard time feeling grateful for the fullness of my life (all that was "on my plate"). I knew I needed some "medicine", some guidance to shift out of this. So, along came a spider, well actually, it was this Praying Mantis!!!



This interesting creature (who I have only ever seen on our land once before) came at the first call for help. So I took note, said thank you, and continued to stress out! The next day there were three Praying Mantis!!! Quite the powerful gift. So I looked up the meaning of Praying Mantis and saw that they embody and are masters of prayer, patience, and stillness. Exactly the medicine I needed to get centered in order to walk calmly through the "storm". The tasks and lists I had still existed, yet I no longer experienced them as challenges throwing me out of alignment. I felt deep gratitude for the whole unfolding. Practice being grateful for all of life, the things that feel beautiful and the things that at first may feel overwhelming and hard. Look deeply into each experience to Source the gold, ask for help from the Great Mystery and pay attention to what manifests as a result, extract the Beauty and BE GRATEFUL for it all.

Love & Blessings-



Shari

SUPPORT SHARI'S SACRED ART!!!

Facebook:

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

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)

INSPIRATION:

May the Gratitude
In My heart
Kiss all the
Universe.

by Hafiz

RECOMMENDATIONS:

1. Book:

The Fortune Teller,
by Gwendolyn Womack
(amazing time weaving of
powerful women seers)

2. Movie:

Our Souls at Night,
with Robert Redford and
Jane Fonda
(unconventional love story
of an older couple)

Reflections from Jonathan:

I write with deep appreciation for those who
forgive.

I am a huge sports fan. Much of my love of sports
comes from watching my mostly depressed father
find joy in this activity and in him sharing it with
me. We would often talk about sports figures who
were phenomenal both on and off the field or
arena.

I am writing with huge joy this morning as I
witnessed a wonderful act of consciousness after
last night's World Series game. The pitcher for the
Los Angeles Dodgers is Yu Darvish, a man of
mixed ethnicity Japanese and Iranian. Another
player on the opposing team imitated his eye
shape after hitting a home run. Yu had every
reason to be angry or resentful after the
gesture. Yu's team had lost and he had his worst
performance of the year.

Despite all of this, Yu demonstrated incredible
character and consciousness and issued this
comment in a tweet after the game:

**"No one is perfect. This includes you and
I. What he had done today isn't right but I
believe that we should put our effort into**

learning instead of accusing him. If we can take something from this, that is a giant step for mankind. Since we are living in such a wonderful world let's stay positive and move forward instead of focusing on anger. I am counting on everyone's big love."

Yu's statement is the solution to war. I am deeply grateful for his act of consciousness and forgiveness. I have made several copies of his statement to remind myself and others, of a choice we can make to forgive and stand for love, the next time we feel hurt by another's actions or words.

Love-

Jonathan

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