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SPECIAL EVENTS:

9-6-17: Full Moon
 9-9-17: Portal Day
 9-21-17: **International
 Peace Day!**
 9-22-17: Fall Equinox

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:

What spiritual lessons and practices are suggested by the coming of autumn?

[Sacred Journeys Newsletter - SEPTEMBER 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:

As summer is ending and we gently begin entering Autumn, I am aware of the emerging coolness and the softening and fading of the light. On our property our summer green leaves have curled, some have turned orange, and some are already falling to the ground. Through nature's changes and transitions Pachamama (Mother Earth) is again inviting me to perceive reality more deeply, to let go and embrace what is unfolding in the present (this is always the invitation but it is made more obvious as seasons shift).

Even though transitions are very natural moving from what appears so fixed and solid (the energy and blaze of summer) into a new seasonal configuration, can feel disorienting and trigger feelings of loss, fear and even danger. This was so evident during the solar eclipse last month. This cosmic event of our moon "overlapping" our sun was truly extraordinary! As the three cosmic bodies aligned, humanity was gifted a huge energetic download of **Divine Balance and**

(excerpt from: *Naming the Days Feature* by [Frederic and Mary Ann Brussat](#))

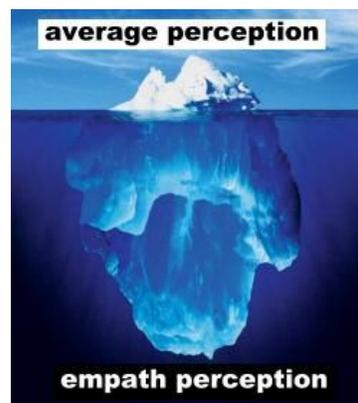
BALANCING DARKNESS

WITH LIGHT

On the autumn equinox, day and night are of equal length. This signals the need to balance light and darkness within us. Far too often, we fear the dark and adore only the light. Joyce Rupp, a Catholic writer and poet who is one of our [Living Spiritual Teachers](#), challenges us in [Little Pieces of Light](#) to befriend our inner darkness: "I gratefully acknowledge how darkness has become less of an enemy for me and more of a place of silent nurturance, where the slow, steady gestation needed for my soul's growth can occur. Not only is light a welcomed part of my life, but I am also developing a greater understanding of how much I need to befriend my inner darkness." Buddhist Gary Thorp in [Caught in Fading](#)

Harmony. Yet for some it was distressing and disturbing to see the "normal" sky shifted so dramatically. Instincts say "the sun ought to be shining in daytime, the moon only comes out at night, something is very wrong"!

To allow in and digest these Great Cosmic Blessings of Alignment, Balance and Harmony, we have to expand our perception beyond the surface, beyond what appears to be "rock solid" and permanent. We have to open to impermanence, dive deep, and be curious about and get comfortable with the complexity of reality. I came across this striking image which I believe speaks to this perfectly!



To close our conversation I want to share some lovely words about Autumn and impermanence by Frederic and Mary Ann Brussat, from their article, *Naming the Days*:

The poet Wallace Stevens once wrote, 'Death is the mother of beauty.' What those words say to me is that we cherish the beauty of a sunrise, of a New England autumn, of a relationship, of a child's hug, precisely because those things will not be around forever and neither will we be around to enjoy them.

Fall also brings home to our consciousness death and the challenge to live every day to the fullest. Susan Jeffers in [Embracing Uncertainty](#) gives us a spiritual practice to facilitate this twofold movement:

Light tells a wonderful teaching story about accepting all situations where we are left in the dark without answers: "Once, when the Zen master Tokusan was still a student, he visited his teacher, Ryutan, just before sundown. They sat on the floor of Ryutan's hut, casually drinking tea and discussing Zen until deep into the night. At last, Ryutan said, 'Maybe it's about time you went home.' Tokusan bowed to his teacher and walked to the door. 'It's completely dark outside,' he said. Ryutan lit the lantern and said, 'Why not take this?' Just as Tokusan was about to take the lamp from his teacher's hands, Ryutan blew out the flame. Tokusan suddenly knew everything there was to know."

Thorp comments:
"Sometimes there is no remedy for our situation than to begin from a point of absolute darkness. Turning off a television set and extinguishing a

"I was once told that certain spiritual masters in Tibet used to set their teacups upside down before they went to bed each night as a reminder that all life was impermanent. And then, when they awoke each morning, they turned their teacups right side up again with the happy thought, 'I'm still here!' This simple gesture was a wonderful reminder to celebrate every moment of the day."

*Love & Blessings-
Shari*

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Reflections from Jonathan:

My associations to the ECLIPSE:

1. A tree grows to heaven when its roots grow to hell."
2. Definition of an eclipse: "an obscuring of the light from one celestial body by the passage of another between it and the observer or between it and its source of illumination."
3. My interpretation of Plato's cave allegory: there are a number of prisoners looking at shadows on an opposite wall. One adventurous prisoner approached the shadow and by approaching, found the source of the light creating the shadow and was thus able to leave the cave.

My own experience prior to this total eclipse was that the energies were intense. It stirred up old

lantern have certain similarities; they are both abrupt and transition making, and can leave us in a different world."



INSPIRATION:

Lord: it is time. The huge summer has gone by. Now overlap the sundials with your shadows, and on the meadows let the wind go free.

Command the fruits to swell on tree and vine; grant them a few more warm transparent days, urge them on to fulfillment then, and press the final sweetness into the heavy wine.

-Rainer Maria Rilke

RECOMMENDATIONS:

1. Book:

The Hidden Spirituality of Men by Matthew Fox
(clear, inspired exploration of archetypes)

2. Movie:

Chasing Trane
(wonderful look at creative genius John Coltrane)

shadow wounds connected to my inner adolescent. It was an invitation to examine and clear the darkness and pain that characterized much of that time for me.

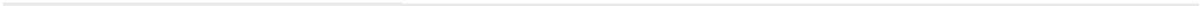
On the day of the eclipse I went into ceremony. I went into one of the symbolic wombs on our property and wrote down the pain patterns of my inner adolescent. Then I created a sacred fire where I transmuted this old heavy energy into light. I prayed for Unconditional Love from myself to myself. My personal process of inner alignment mirrored the cosmic alignment process unfolding with the eclipse.

I continue to be glad for these exquisite cosmic opportunities to shift and grow. I also admit that when these opportunities present themselves, I sometimes resist them because they are painful. Every day darkness gives way to light. I am reminded that many times each day I have that opportunity to look into my shadow (darkness) and move back into the light (my Illumined Self). Somedays I do better than others, you can ask Shari!

I Am grateful to Mother Nature for this dance of obscuring and illuminating, a movement into alignment and harmony. It is not an accident that so many people took dedicated time to directly observe the phenomena.

My deepest hopes for humanity is that more of us do this work including country leaders, parents, teachers. The more modeling of self-examination and transformation the LIGHTER our world becomes.

*Love-
Jonathan*



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