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UPCOMING EVENTS

*Every Thursday 7pm-8:30pm
 (weather permitting)

KUNDALINI YOGA CLASS

*Sunday 2/21/16 1-4pm (Flier
 forthcoming)

KUNDALINI YOGA

WORKSHOP by Mahan Rishi

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:

Deep breathing is an amazing
 tool since fear cannot be
 sustained in the Presence of
 deep conscious breath! When

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

Greetings from Shari:

As we move through this winter season and enter
 2016 I am full of gratitude and optimism! I see this new
 year as an invitation to humanity to EMBODY our
 DIVINITY, to literally BE our ESSENCE, which is
 LOVE.

At the end of 2015 I completed an encaustic painting
 called “Holy Grail I AM”, and on December 19th it was
 unveiled and offered to all of you in ceremony. This was
 an amazing night! People experienced the messages
 from Archangel Michael and His Twin Flame Lady
 Faith: the energy and power of being in Alignment with
 our Holy Grail Essence. There were tears, excitement
 and shaking limbs, smiles and shining eyes, peace and
 joy. Some said it was like “coming Home”, others
 experienced a Sacred Mirror and were finally able to see
 themselves as they truly are, and others felt Sacred
 Union, true energetic balance and wholeness. This
 painting is very vibrant, physical and “alive”, being
 encaustic (made of layers of fused beeswax), it is a
 dynamic mix of materials that invites touch. Over the
 nine months it took to birth, I was called to embody my
 Spirit more and more, and to clear what no longer
 served in order to bring myself into Alignment with the
 Divine. It has been a great teacher and initiator. The
 painting lives inside our Temple space now, and each
 time I sit in front of it I have a new opportunity to
 awaken, to “turn on the Divinity” of my DNA, my cells,
 the very fabric of my physicality. This is how I
 experience the "embodiment of the
 Christed/ Buddhist/Avatar Self- awakening and
 aligning breath by breath, step by step, cell by cell,
 moment by moment.

fear is neutralized, Love can grow! So, the easiest way to become grounded, rooted in the Now and in Love, is to breathe deeply. There are many breath work techniques, but one simple way to begin is to close your mouth and inhale and exhale through your nose. Make the inhale and exhale of equal lengths. Make sure that on your in-breath your belly expands and on your exhale your belly relaxes. Find your rhythm. The beauty of breath work is that you can enjoy its benefits whenever and wherever you are. Happy Breathing!!!



SACRED POETRY :

THE GRAIL

by St Theresa of Avila

They are like shy, young school kids—time and space, before the woman and the man who are intimate with God. The realized soul can play with

So, in 2016 I invite you to join us in the Temple for a yoga class to bathe in these energies, to come to a workshop and experience the Holy Grail I Am face to face and in community. Go to my Etsy store: *SacredArtybyShari* and see the painting (and zoom in to see the details!) and read a detailed description about it. On this site you can buy an archival print which has been infused with all of these energies and blessings to have in your own space.



Another thing that has me very excited are the sacred art commissions I have been asked to create! It has been an honor and a joy to co-create these power objects with Spirit. With each one I tune in and then visually download the energies/Beings of Light that are best able to assist you on your sacred path. The most recent one was made for a member of our community, Hans Busch, who gave permission to share his art (see above image). His piece includes his Archangelic support, Ascended Masters and several Rays of

