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SPECIAL EVENTS:

- 1-1-18: Full SuperMoon
- 1-1-18: Portal day
- 1-11-18: Portal Day
- 1-15-18: Martin Luther King Jr. Day
- 1-31-18: Full Moon

*****Mark your Calendars-**

Feb 18th: Divine All-Father Odin Workshop run by Kathryn Bohn

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:

Sacred Journeys Newsletter - JANUARY 2018!!!!

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:

Happy New Year Everyone!

For many the end of one year and beginning of a new one serves as an invitation to review the past year and vision a new one ahead. I have practiced this for years and have felt it was a worthwhile and wonderful tradition.

*This year I am aware of how this practice, if done unconsciously, can potentially move us out of the NOW and into the past and the future. I am keenly aware of this at this moment because I have been immersed in and completed Sadhguru's online class, *Inner Engineering*. He spends a lot of time talking about the Eternal Now of Creation. I have a feeling he would say that there is nothing wrong with becoming aware of the past year (reviewing), and becoming aware of what you want in the upcoming year (visioning). I sense he would say to hold it all lightly and to hold it "in the lap of NOW".*

Sadhguru teaches that the back-ground of Reality is BLISS. From this back-ground we can explore anything, including excursions into pain and sorrow, thoughts about the past/future, but always

Upa Yoga

Called a "pre-yoga" by Sadhguru, a great way to prepare the system for yoga. This simple practice can be done by anyone over the age of 7. Check it out here: <https://www.youtube.com/watch?v=QjGF2MLdIz8>



INSPIRATION:

With That Moon Language

Admit something.

Everyone you see, you say to them
"Love me."

Of course you do not do this out loud:
Otherwise,
Someone would call the cops.

Still, though, think about this,
This great pull in us
To connect.

Why not become the one
Who lives with a full moon in
each eye
That is always saying,

With that sweet moon
Language,

with a wakefulness and rootedness in the NOW (which is Bliss)! He points out again and again how the human mind is a wonderful tool AND how it is cyclical, limited, and designed to focus on past and future. The human mind is conditioned by past experience, by past activity, and this is karma. He suggests we shift out of the insanity of allowing the mind to rule our experiences, and to align the mind with the true nature of life.

The **NATURE OF LIFE IS RESPONSIVENESS**, LIFE IS LIMITLESS RESPONSE- ABILITY (the ability to respond to every new NOW moment of Creation). We are actually responding to life all the time, so we can either respond consciously with reciprocity, or unconsciously/compulsively. We can reject what is happening Now or we can accept it, the choice is ours. When we accept what IS Now, there is Freedom and an end to suffering. Accepting is not fatalism or resignation, it is practicing Unity Consciousness and Inclusivity (I Am One what IS, there is no separation between me and what is unfolding Now). If I reject (aversion and fear) whatever is unfolding each Now moment, I am declaring that I am not a part of this, it is not a part of me, I am creating separation and suffering is the outcome.

I loved it when Sadhguru said, "**This NOW MOMENT is the OPEN DOORWAY to DIVINE CREATOR/CREATION**". The door is always open, every second of life! We can deny this, we can pretend the door is locked and that we need to find a key, or we can Be Aware of the open doorway every breath, and step through again and again and again.

The grand invitation is not to plan for the entire year of 2018. The GRAND DIVINE INVITATION is to dive into right now and right here over and over, right now and right here! Active Dynamic Acceptance and Experience of Eternity which IS each Now moment.

What every other eye in this
world
Is dying to
Hear.

– by Hafiz

RECOMMENDATIONS:

1. Online Class:

*Inner Engineering Online
Course, taught by Sadhguru
(go to: IshaFoundation.org)*

2. Movie:

Wonder

Happy New Now!!!!

Love-

Shari

EMPOWER AND INSPIRE THOSE YOU LOVE

PURCHASE SHARI'S SACRED ART TOOLS:

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

Facebook:

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

Reflections from Jonathan:

Hey Folks,

***You have probably read Shari's part of the
newsletter. If you have not, please do as
then my part will make more sense.***

***Sadhguru is a Living Master. I am deeply
grateful for Sharon Fan, a wonderful
healer, for introducing him to us. One of
my deep takeaways from his work is
simply to live in the now and not the
future. Think about the future without
living in it.***

***Today I woke up with plans to celebrate
Shari's birthday weekend, and there is a
lot of snow. In the past, my reflexive
response was worry instead of wonder.
Today I choose to stay in wonder about
how we will do it, instead of creating
another moment of fear about life.***

***I am a word maven as many of you know
and love to play with words. As I glanced
at the above paragraph I saw that within***

the word snow is s-now!

***My wish for you this year is to live more in
the now knowing that breath and life is an
incredible gift. I love you all.***

Jonathan

