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SPECIAL EVENTS:

2-2-18: Portal day
 2-14-18: Happy
 Heart/Valentine's Day!
 2-18-18: **Divine All-
 Father Odin Workshop**
 run by Kathryn Bohn at
 Sacred Journeys
Go here to register:
[https://kathrynbohn.com/divine
 -all-father-odin-workshop](https://kathrynbohn.com/divine-all-father-odin-workshop)
 2-22-18: Portal day

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](mailto:drjonathancohen@gmail.com).

IDEA OF THE MONTH:

Sacred Journeys Newsletter - FEBRUARY 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:

We enter February, a month which includes
 Valentine's day. A Heart honoring day, a day to
 focus upon and celebrate the Heart. What does it
 mean to be heart-centered, heart based, open
 hearted? How do we enter the realm of the Sacred
 Heart and truly live as Love Embodied? I always
 find these questions burning in me even more
 deeply in wintertime when everything is laid bare.
 There is a prayer I was given many years ago that
 feels exquisitely heartfelt (I have added only a few
 words to its original script). I recite it when I do not
 have answers but am yearning to open and be
 consumed by the Reality of the Sacred Heart:

Dear God/Goddess, Spirit, Source,

**On this day I ask you to grant this request-
 May I know who I am and what I am, every
 moment of every day.**

**May I be a catalyst for Light and Love
 and bring inspiration to those whose eyes I**

AUM Practice.

The power of chanting the Aum mantra (seed sound of Creation). The Isha Foundation explains some benefits:

"Chanting of OM Mantra purifies the environment around the chanter and produces positive vibrations. It takes you alpha, a meditational state which gives you deep relaxation. Your concentration and focus increases. Chanting removes negative mental impressions from your mind. It gives you better immunity and health. Improves your voice, gives strength to vocal cord and thyroid gland. Has a cardiovascular benefit and normalizes blood pressure. Helps with emotional regulation. Increases energy and removes fatigue".

Here is a link to check it out: <https://www.youtube.com/watch?v=qKnQocpoB4M>

meet.

May I have the strength to stand tall in the face of conflict and the courage to speak my voice, even when I feel scared.

May I have the humility to follow my heart. And the passion to live my Soul's desires.

May I seek to know the highest truth and my Highest Self.

May I embrace and love the totality of myself- my darkness and my light.

And may I be brave enough to hear my heart- to let it soften so that I may gracefully choose faith over fear.

Today is my day to surrender anything that stands between the sacredness of my humanity and my divinity.

Today is my day to awaken to the Unity of my Being.

May I be drenched in my holiness. And engulfed by God/Goddess, Spirit, Source.

May all else melt away. And so it is.

Happy Heart Day!

Shari

VALENTINE'S DAY SALE!!!
ROSE CRYSTAL HEART NECKLACES

\$30 small / \$40 large

SHOP HERE:



INSPIRATION:

*An awake heart
is like a sky
that pours light.*
by Hafiz

RECOMMENDATIONS:

1. **Book:**
Barking to the Choir,
by Fr. Gregory Boyle
2. **Book:**
People of the Book,
by Geraldine Brooks

https://www.etsy.com/listing/460825486/on-sale-now-crystal-heart-necklaces?ref=shop_home_active_2

EMPOWER AND INSPIRE THOSE YOU LOVE
PURCHASE SHARI'S SACRED ART TOOLS:

https://www.etsy.com/shop/SacredArtbyShari?ref=hdr_shop_menu

Facebook:

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

Reflections from Jonathan:

It is late January and I am visiting my 88 year old mother in a retirement community in Florida. My time with Shari here has been powerful.

This visit has granted me space for my continuing practices from Sadhguru, and time to read a book which was given to me by dear community member Delia Sattin. I have experienced many signposts and the weaving of all of this has been powerfully transformative.

Sadhguru reminds me to "think about tomorrow yet not live tomorrow."

Barking to the Choir, the book gifted me by Delia and written by Fr. Gregory Boyle, is a complete gem. Father Boyle works with gang members in the barrios of Los Angeles and achieves an equanimity and love which parallels his teacher Jesus Christ. He loves the men and women with whom he works and has to bury many of them at young ages. His love and devotion and humor and fire are simply phenomenal. I read and digested and savored the pages as I do a favorite dessert. I will re-read the book after ordering another copy (since this one I gave to my mom) while underlying

many of the pearls of wisdom. He describes his mentees and members of the Homeboy Industries as his teachers. Here are some of my favorite Gregory Boyle quotes. They mainly come from his first book entitled *Tattoos on the Heart*:

“Kindness is the only strength there is.”

“Sometimes resilience arrives in the moment you discover your own unshakeable goodness.”

“The self cannot survive without love, and the self, starved of love, dies. The absence of self-love is shame, just as cold is the absence of warmth... Disgrace obscuring the son... Franciscan Richard Rohr writes that 'the Lord comes to us disguised as ourselves'.”

I deeply appreciate Gregory Boyle's journey and how he embodies love and service which freely emanates from that love. In 2004 I had a chance to bring mens work to Folsom prison for a five day stint with convicted murderers. Most of these men would never "see the pavement again" given their life sentences.

I wondered if I would make any difference at all. Could this suburbanite add anything to their lives, assist in their pain? During the time I was there I asked the inmates a few times whether they felt the men's program was effective. They said it was and added that it did not really matter on many levels what we did with them. They said that the fact that we were willing to come into the prison be present and open and share our hearts with them was healing enough.

So I ask you all, are you present with those you meet and love, and is your heart open with all you

meet and do you share it?
Happy Valentines Day.
I love you all,
Jonathan

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