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SPECIAL EVENTS

7-4-18: Happy
 Independence Day!
 7-7-18: Portal Day
 7-15-18: New
 Children program
 (11-29 yr olds)
 7- 27-18: Full Moon

PRAYER NETWORK
 You are able to submit
 prayers to our prayer
 circle of 100+ people,

Sacred Journeys Newsletter - JULY 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 had a glorious time last weekend celebrating the summer solstice with community members at our Hope and Wonder ceremony! We were guided by Spirit to do a giveaway blanket. For those of you who have never experienced this ceremony, it is a powerful and magical way of moving energy in your life. Each participant brought a wrapped object from their life that has held the energy of Hope and/or Wonder. These items were placed on a blanket and one by one participants chose an item off the blanket. They were instructed to allow Spirit to guide them in the choosing process. In addition to receiving the object, they also received the story from the giver of what this object has meant and how it has carried Hope and Wonder for them in their life.

We all watched again and again as folks

as well as have the opportunity to pray for others. To join, simply email:
drjonathancohen@gmail.com.

IDEA OF THE MONTH

Notice the Details! Every day take a moment (or more) to stop and connect with a small detail. It may be the curve of a flower petal, a bird's song, the design of an insect, the movement of a rabbit, a smell wafting on the air, a leaf fluttering in the wind. It may be a child's laugh, the roar of thunder, the sun's heat on your body. It may be the shape of the moon at night, the softness of your pets fur, the taste of a lime. Life and Beauty and Mystery are all in the details. So get out of your head, become aware, engage the details at the sensual level, and enjoy!

INSPIRATIONS

No More Leaving
by Hafiz

picked items that were the exact "medicine" they need in their lives! Many people expressed how prior to coming it was very hard to let go of their object, how they knew intuitively it was meant to be in someone else's life, but how hard it was to release it. So much Beauty unfolded as people let go of attachments and created the space for even more Hope and Wonder! So much Power in recognizing that when we trust in Spirit, our own Higher Self, we are guided to exactly what we need for our Highest Good.

Love-
Shari

SHARI'S SACRED ART ON FACEBOOK:

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

PURCHASE SHARI'S SACRED ART:

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

Reflections from Jonathan-

Time to change it up. Shari reminded me it was July 1st and time to do another newsletter. I knew that I was going to write about letting go; closing one door so another could open, and then I read her submission about letting go.....Another synchronicity or to quote a dear friend Michael Hanson: "Is it odd or is it God."

Letting go.....A few months ago I decided that my time with an incredible men's program called SWET was coming to completion. I felt sad as being on the mountain with 100+ loving strong men has been a plasma for me over the last four years. I have invited a number of important

At
Some point
Your relationship
With God
Will
Become like this:
Next time you meet
Him in the forest
Or on a crowded city
street
There won't be
anymore
"Leaving."
That is,
God will climb into
Your pocket.
You will simply just
take
Yourself
Along!

people there including both of my sons to have an experience of deep brotherhood. This past weekend was my last one there. Part of not letting go for me has been wondering if there would be another experience that would be as sweet or powerful.

When I decided a few months ago to step down and close that door, others began to open. Within a week, Shari and I had sourced the "New Beings on the Planet" program (which on August 12th will have close to 30 phenomenal individuals doing ceremony here to reclaim the role they play in planetary evolution). The groups we have had with the 11-29 and 30-35 year olds have been extraordinary and has filled my heart.

And.....there is another calling for me which is to provide a workshop to celebrate and amplify the power of the recent Philadelphia Eagle football experience. There was something incredibly powerful and magical that occurred last football season and I believe a gift to further understand in our cells and integrate into our lives.

My letting go now allows Spirit to inform me how to translate that magical power into a workshop. Stay tuned as I am staying tuned!

My parting question to you is; Is there a door that needs to close so another can open? I am not only speaking of a specific activity or relationship, I am asking is there a way of thinking, a habit, a behavioral pattern, which at one point was necessary and is no longer so?

RECOMMENDATIONS:

1. **Movie:**
The Post (Great film about a woman finding her voice and power).

You may not know the new door which is to open and that is okay. It is all part of the letting go

2. Book:

https://www.amazon.com/Sri-Sai-Satcharitra-Wonderful-Teachings/dp/1521183562/ref=sr_1_1?ie=UTF8&qid=1530538265&sr=8-1&keywords=SAI+BABA
(About Sai Baba)

process.

Blessings to you all-
Love,
Jonathan

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