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SPECIAL EVENTS

6-2-18: Magdalene Activation for Women (at Sacred Journeys)

6-6-18: Portal Day

6-10-18: New Children Program (ages 30-35 at Sacred Journeys)

6-17-18: Happy

Sacred Journeys Newsletter - JUNE 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-

This season for me is about coming into fullness, a time of growth, radiance, and energetic acceleration and expansion. It is a time of **Hope** and **Wonder**, as reflected by our Linden tree in the fulness of its vibrant emerald bloom. I am amazed by its ability to regenerate and reconfigure itself after splitting in two a few years ago! It feels like just a little bit ago that the quiet and slowness of winter would never end.

Now as summer quickly approaches, Jonathan and I are offering three big workshops/events and there isn't a moment to spare!

It is when life spins fast and furious that I find myself supremely grateful for practices that help me stay centered and stable. As Jonathan mentions in great detail below, we just completed a training by our

Father's Day!
6-21-18: Summer Solstice
6-24-18: Hope & Wonder Ceremony (12-5pm at Sacred Journeys)
6- 28-18: Full Moon

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

This month we celebrate the summer solstice where the radiant solar light is intense and abundant, and we also celebrate Father energy on father's day. So on June 17th honor the father energy in your own life as it exists within you, in your relationships, on the planet. On June 21 honor Helios (Father Sun) and the Light we all depend upon to thrive and grow on this beloved planet. Create a ritual that makes sense to you for both of these days. Perhaps a

current teacher, Sadhguru, called Shambhavi Maha Mudra Kriya. It is a most exquisite and powerful practice. I do not find it an easy practice to do twice daily, but it is SO very worthwhile.

I say this to encourage all of you to commit to a daily practice, one that makes sense for you. With the increase of Light this season, summer is a perfect time to devote ourselves to a self-loving and self-empowering practice to enhance our body-mind-spirit. Over the past 3 years we have written these newsletters sharing many tools and practices that serve to create more beauty, grace, harmony, peace, and power in your lives. Rather than include a bunch here, I suggest you go to our website (oursacredjourneys.com) and check out the past newsletters to see which practices resonate for you. Then dedicate 20-30 minutes a day to a personal practice- the payoff is worth it!

In addition to your individual practice you may wish to strengthen yourself in the Sacred Circle of community. If this calls to you, please join us for an infusion of **Hope** and **Wonder** on June 24th, where we will amplify these Divine qualities for ourselves, the planet, and All beings everywhere!

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)

bonfire on the solstice, or a candle lighting ritual to bring in the Illuminating Light of this season. Perhaps for father's day you thank the fathers who have touched your life. Remember, this is not limited to men or biological fathers. Let this blessing extend to people, animals, trees and other energies, that have truly fathered you and those you love along the way.

INSPIRATIONS

[i carry your heart
with me(i carry it
in]

By E. E. Cummings

i carry your heart
with me(i carry it in

my heart)i am never
without it(anywhere

i go you go,my
dear;and whatever
is done

by only me is your
doing,my darling)

i fear

no fate(for you are
my fate,my sweet)i

Reflections from Jonathan-

I write with deep appreciation of the many spiritual teachers that I have had the honor to know and learn from through my life. Before I talk about the most recent one, I wish to identify some of the men that have directly impacted my life.

John Chaney, basketball coach at Temple University, is one of the first. He taught me about fierce masculine love. His love for his players made many of the fatherless men feel loved. Then there are the many men I met from the Mankind Project (New Warrior) who helped me learn about my feelings and about living a life of mission. Gene McMahon, founder of Vets Journey Home, taught me about the power of mission and helped me deepen compassion for soldiers who believed strongly and used will to fulfill their missions. When my son returned from two Iraqi tours, I brought him to Gene and a group of other men and women who experienced military trauma, where he experienced subsequent healing. Then there was my shamanic training with Alberto Villoldo, teacher of energy medicine to Shari and myself, and guide in the jungles and mountains of Peru.

As I am typing, I realize I have only mentioned men so far. There have been many women who have been incredible teachers for me as well. My wife Shari, who endlessly pursues the Sacred, is an incredible teacher. Her close ally

want
no world(for
beautiful you are my
world,my true)

and it's you are
whatever a moon
has always meant

and whatever a sun
will always sing is
you

here is the deepest
secret nobody
knows

(here is the root of
the root and the bud
of the bud

and the sky of the
sky of a tree called
life;which grows

higher than soul can
hope or mind can
hide)

and this is the
wonder that's
keeping the stars
apart

i carry your heart(i
carry it in my heart)

RECOMMENDATIONS

1. Vlog 63:
https://eraofpeace.org/pages/premium-content/?mc_cid=874a8e2e3d

Maria Garcia, lives a life of devotion to the Sacred Feminine. Trish Baitinger has been an incredible fount of knowledge and inspiration as has Kathryn Bohn. Dr. Sharon Fan, who is an incredible medical intuitive and healer, has been a guiding light for me too. Her last suggestion brought Shari and I to Sadhguru, an enlightened Master who is my most recent teacher. When Sharon talked to us about him she mentioned his book and program Inner Engineering. Through the science of yoga he offers us a way to experience more awareness and joy each day. His mission is huge in terms of raising human consciousness.

We began by reading his book Inner Engineering and doing the Isha Kriya, a breathing practice that can be done twice daily for 45 days or once for 90 days. I began it last September and fulfilled my 45 day commitment and then continued with it until early May. At that time I had an incredible opportunity to sit locally with Sadhguru with 2499 others, to learn another meditative practice called Shambavi Kriya, a more advanced form of practice offered to those who completed his Inner Engineering class. The Inner Engineering class prepared Shambavi participants to receive his energetic transmission. During the weekend with Sadhguru I could feel vibrational shifting during that process. I knew I would make another commitment of 32 minutes twice daily for 40 days, as well as a once a day commitment following that for 6 months. Sadhguru is an enlightened individual who speaks directly of his mission of bringing 7+ billion people to deeper awareness and

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(Patricia Robles
teaches us how to
clear our earthly
bodies of toxins).

2. Movie: Shape of Water (themes of inclusion & exclusion, unity consciousness & separation).

love, thus transforming our planet. He has already reached over 5 million who are participating in his programs.

On a concrete level, he has raised millions of dollars which have been reinvested into reforestation, river repair, world hunger, as well as education for the impoverished. He has built Temples of devotion in both India and in the US (in Nashville, TN). He is in my words, "calmly on fire."

I am inspired by his mission and I remain optimistic about our planet. Many choose to focus on and worry about a number of "negative" happenings that confront us on a daily basis (like climate change and how people treat each other). This fear-based and pessimistic focus on "negativity" influences our energy and the energy around us. I choose to channel my energy into changing my consciousness and helping others do the same.

I am deeply grateful for all my teachers and am glad to be in a position to be a teacher to others.

Love-
Jonathan

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