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**SPECIAL EVENTS**

9-9-18: Portal Day  
 9-22-18: Fall Equinox  
 & World Peace Day!  
 9-23-18: (11am-  
 2pm) **Fall Equinox**

**Sacred Journeys Newsletter -  
 SEPTEMBER 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*

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**Greetings from Shari-**

Summer is coming to a close and what a summer it has been! We here at Lionsgate have experienced our busiest summer ever. Like us, many of you have probably been experiencing the super intense and accelerated energies throughout this season. We want to celebrate and honor all your service and the service of all Lightworkers, who have worked so hard here on Earth and inter-dimensionally. The Consciousness Codes of the New Children and Millennials have been successfully activated and we are Victorious! If you want to hear more about this great **Victory of Love and Light**, and the deeper meaning of what has been going on please check out Patricia Robles explanation at

**Ceremony!**

8-24-18: Full Harvest Moon

**\*\*\*Mark your calendars:**

October 13th  
MAGDALENE  
ACTIVATION for  
Women

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**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.

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**IDEA OF THE MONTH**

"When you produce a thought that is full of understanding, forgiveness, and compassion, that thought will have an immediate healing effect on both your physical and mental health and on those around you. If you think a thought that is full of judgement and anger, that thought will immediately poison your body and mind and the people around you."

*Thich Nhat Hanh*

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**INSPIRATIONS**

EraofPeace.org Vlog #76.

The Activation of the Consciousness Codes in the Millennials and New Children means these young people now have unhindered access to all the sacred knowledge they accumulated prior to incarnating. This knowledge includes all remedies required to heal all maladies afflicting this planet and humanity. They are here to revolutionize human consciousness and the way we live on the New Earth. They have the inner awareness, resources, creativity and power, to implement entirely new systems for every aspect of life. Lightworkers who are not New Children/Millennials are here to support and assist them in this evolution in Consciousness. While the older generation supports the younger generation, we acknowledge the New Children/Millennials as our teachers, Master Guides of Light, showing us new ways to rectify past imbalances and to embody Love on Earth.

I am deeply grateful for the many awakening experiences I had this summer. One of the biggest gifts I received was from my child (a Millennial) who challenged me/us to create more diversity and inclusivity in the workshops and ceremonies we have at Lionsgate. He invited us to use our privilege in more immediate concrete ways and to face the pain erupting in our society today more directly. We had important deep discussions about racism, white privilege, diversity and inclusion. We experienced very moving, intense, and outstanding creative expressions on the subject including the play *Blood Knot*, and

## A Necessary Autumn Inside Each

-Rumi

You and I have  
spoken all these  
words,  
but as for the way we  
have to go,  
words are no  
preparation.  
There is no getting  
ready, other than  
grace....  
Inside each of us,  
there's continual  
autumn.  
Our leaves fall and  
are blown out over  
the water.  
A crow sits in the  
blackened limbs  
and talks about  
what's gone....  
There's a necessary  
dying,  
and then Jesus is  
breathing again.  
Very little grows on  
jagged rock.  
Be ground. Be  
crumbled, so  
wildflowers  
will come up where  
you are.  
You've been stony for  
too many years.  
Try something  
different.  
Surrender.

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### RECOMMENDATIONS:

1. **Movie:**  
**Black Klansman**,  
newest Spike Lee  
movie currently  
in theaters.  
(Powerful timely

the movies *Black Klansman* and *Sorry to Bother You*. Each of these artistic voices were energetically painful for me to experience (because the themes are so emotionally charged) and profoundly vitalizing and galvanizing (because the content is so very timely). These artists are truth-tellers directly calling for the revolution dismantlement and transmutation of the venom of hate and fear.

I want to acknowledge how challenging yet critically important it is to be open to expanding our awareness, and to find ways of grounding change in. I consider myself open, aware, sensitive, and heart focused, yet through my child's confrontation I saw that I have blind spots and so much more to learn and implement. In all honesty, dialoguing with my child about my blind spots was a bit scary, and at the same time extremely liberating. I have spent the summer feeling into these issues, looking at my own patterns of unconsciousness, assessing ways to concretely improve upon my Service of anchoring in Unity Consciousness in the world.

I fully recognize and celebrate our great Victory in the inner realms of Cause, and know with my whole Being that Love is All There is and We Are One. I also know these Realities must get anchored all the way into this realm, into all of our hearts, lives and systems. This is exactly what is going on now. All of the intense purging of hate, fear and divisiveness that is surfacing from our old consciousness and old systems is occurring in order to be cleared. As embodied vehicles here on Earth we are

message about racism hate, and the need for healing)

**2. Movie:**

**Sorry to Bother You**  
(Another intense and provocative film that wakes us up and inspires us to shift the current reality)

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all participating, in every moment we can choose to add to the fear/hate or we can choose to clear it.

Shifting from hate/fear to Love requires effort, courage, stamina, and radical transparency in ourselves and our relationships. In Black Klansman I feel Spike Lee is asking all of us, "*How do we infiltrate hate*" ? I am also asking myself and invite you to ask yourself: *How do we actively broaden the dialogue, create bridges, be compassionate truth tellers and listen with open hearts? How do we create circles of healing and restoration that are honest, inclusive and sensitive, at ground level?* I am open to suggestions, I have been asking Source for guidance, and have reached out to people who are dedicated to change and are shaking it up right here and now. So our work continues, and we all have a role to play in this great re-evolution!  
**Power Freedom Love for All.**

*Blessings-  
Shari*

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**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)

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**Reflections from Jonathan-**

I accompanied Shari with our son as we

watched Blood Knot and then Black Klansman. The empathy that I felt for people of color is great after experiencing both of these.

I remember my work with the Temple University basketball team where I was often in the position of being the only white individual in a room. I remember my fear, and this was only something I felt for a few hours a week. I remember walking to my car after hours at Temple and the fear that I felt in being white among a minority majority.

This feeling and my predicament was temporary, I do not have to face it each day. I do not face that fear each time I drive as I am a white skinned man. I do not worry about overt and covert racism from police, teachers, shopkeepers, employers.

Those predicaments for me raised my consciousness somewhat only. 18 years ago doing in depth psychodramatic work on a mens' weekend, I was leading a process with the son of a black sharecropper from the South. The process was interrupted by another leader, a black man. He called me over and asked me why I was not working with intensity with this man. I was upset and confused and denied doing it differently. He asked me directly if I feel sorry for this man. I answered yes. He told me that my pity was not helping him. He said to bring in my intensity to the process which I did. I was grateful for the intervention as my unconsciousness was not serving that person and situation.

My son directed a play called *the Color*

*Museum* at his college. He told me that he wanted the play to be intense without comic relief so his campus might understand the intensity that students of color face. I felt discomfort during the play. It did not have any type of pleasant Hollywood ending which is completely appropriate, as real life minority discrimination and prejudice has very few pleasant endings.

The movie *Black Klansman* had that same intensity without comic relief, to portray what hate and unconsciousness create for people of color as well as for the religious minority in this country. Please watch it. I encourage you to send me your comments about it so we can continue this important dialogue:  
[drjonathancohen@gmail.com](mailto:drjonathancohen@gmail.com).

Love-

Jonathan

Love-

Jonathan

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